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BY EUGENIA BOOI

Drake Kissed A 'Girl'... But He Didn't Like It!

OKAY, so **Drake** may have planned on performing with the Queen of Pop herself during his headline set at Coachella, but he clearly hadn't counted on getting a sloppy smooch from the star (which is weird, if you think about it, because **Madge** basically kisses *all* her co-acts). And by the looks of things, the Material Granny's surprise attack left a lot to be desired... *A lot*. **Drizzy** sat on a chair with his hands on his lap, his head tilted backwards by the *Like A Prayer* singer, who then pounced on him with a French kiss while performing her new track *Human Nature*. A couple of agonising seconds later and **Drizzy** looked like he was fit to puke. Literally. Of course he tried to do some damage control later. The rapper posted a photo of the makeout session on his Instagram with the caption: "Don't misinterpret my shock!! I got to make out with the queen **Madonna** and I feel 100 about that forever. Thank you **@madonna**." But come now, **Drakey** – you can say what you want but your reaction speaks louder than your words ever could. And **Madge**, perhaps you need to face facts: when yours is seen as more of a Dementor's kiss, it's time to put the 'little mynx' act to rest.

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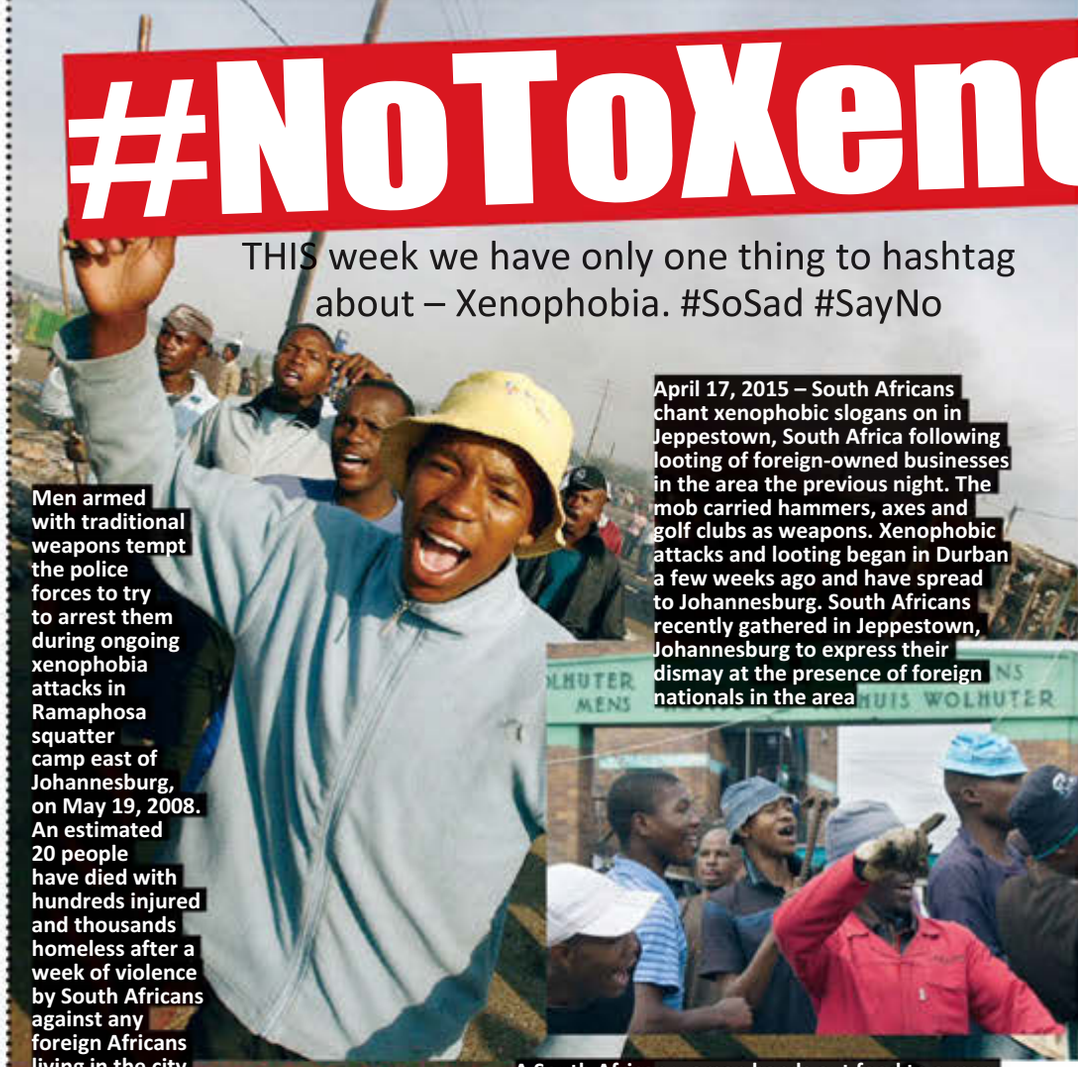
VISIT www.peoplemagazine.co.za for the latest celebrity news! Updated hourly!

ON SALE NOW

#NoToXeno

THIS week we have only one thing to hashtag about – Xenophobia. #SoSad #SayNo



Men armed with traditional weapons tempt the police forces to try to arrest them during ongoing xenophobia attacks in Ramaphosa squatter camp east of Johannesburg, on May 19, 2008. An estimated 20 people have died with hundreds injured and thousands homeless after a week of violence by South Africans against any foreign Africans living in the city

April 17, 2015 – South Africans chant xenophobic slogans on in Jeppestown, South Africa following looting of foreign-owned businesses in the area the previous night. The mob carried hammers, axes and golf clubs as weapons. Xenophobic attacks and looting began in Durban a few weeks ago and have spread to Johannesburg. South Africans recently gathered in Jeppestown, Johannesburg to express their dismay at the presence of foreign nationals in the area

A South African woman hands out food to a man from the Democratic Republic of Congo (DRC) taking refuge in Soetwater

A woman from Malawi holds her children after spending the night in the safety of a community centre near Imizamayethu informal settlement

Two women move their belongings after ongoing xenophobia attacks on Zimbabwe immigrants in the dense Alexandra township

GREATSTOVK

ophobia

#What's Trending

BY ANGELA BEKIARIS

SOUTH AFRICA is heartbroken as it is faced with the worst attacks and acts of violence seen since Apartheid. Starting only a few weeks back in Durban, the xenophobic attacks have moved up to Johannesburg, leaving six people dead and the entire country traumatised. We take a sad look at what's been happening in our beloved country – and the worst part is that it's been happening for too long.

Xenophobia After 1994

XENOPHOBIA has increased after the installation of a democratic government in 1994. In September 1998, a Mozambican and two Senegalese were thrown out of a train by a group returning from a rally that blamed foreigners for unemployment, crime and spreading Aids. According to a study done in 2004 – based on a citizen survey across member states of the Southern African Development Community (SADC) – 21 percent of South Africans were in favour of a complete ban on entry by foreigners, while 64 percent were in favour of strict limitations on the numbers allowed. By contrast, the next-highest proportion of respondents in favour of a total ban on foreigners was in neighbouring Namibia and Botswana, at 10 percent.

Xenophobia Before 2008

ACCORDING to a 1998 Human Rights Watch report, immigrants from Malawi, Zimbabwe and Mozambique living in the Alexandra township were 'physically assaulted over a period of several weeks in January 1995'. Armed gangs in a campaign known as 'Buyelekhaya' (go back home) blamed foreigners for crime, unemployment and sexual attacks, identified suspected undocumented migrants and marched them to the police station in an attempt to 'clean' the township of foreigners. Over a five-week period in 2000, seven foreigners were killed on the Cape Flats. In October 2001 residents of the Zandspruit informal settlement gave Zimbabweans 10 days to leave the area. When they failed to leave voluntarily they were forcefully evicted and their shacks were burned down and looted. In the last week of 2005 and first week of 2006 at least four people, including two Zimbabweans, died in the Olievenhoutbosch settlement after foreigners were blamed for the death of a local man. Shacks belonging to foreigners were set alight and locals demanded that police remove all immigrants from the area. In August 2006 Somali refugees appealed for protection after 21 Somali traders were killed in July of that year and 26 more in August. Attacks on foreign nationals increased markedly in late 2007.

A journalist from *Sunday Times* lies in the street after he was reportedly stabbed by a mob in Alexandra Township on April 18, 2015

Xenophobia Returned In 2008

REPORTS state at least a dozen attacks occurred between January and May 2008 – the most severe on January 8, 2008, when two Somali shop owners were murdered in Jeffreys Bay and East London. In the same year seven people were killed, including Zimbabweans, Pakistanis, and a Somali, after their shops and shacks were set alight in Atteridgeville, near Pretoria.

Attacks Continue From 2009-2013

IN late May 2009, there was xenophobic related activity in the Western Cape. In 2010 the press carried numerous articles claiming that there would be massive planned xenophobic violence at the end of the 2010 Football World Cup – this, luckily, did not happen….until 2012, when there were new attacks in Cape Town and in the Free State. In May 2013, 25-year-old Abdi Nasir Mahmoud Good was stoned to death, which was captured on a cell phone and shared worldwide. The next year saw a Somali national in his 50s reportedly stoned to death and two others seriously injured when an angry mob of locals attacked their shop in extension 6. Three more Somalis were wounded from gunshots and their shops were looted.

Xenophobia Hits Again: April 2015

THE last few weeks we have witnessed an upsurge in xenophobic attacks throughout the country. Armed locals attacked immigrants in general, including Pakistani and Bangladeshi shopkeepers. The attacks started in Durban, and spread to Johannesburg with locals reportedly looting foreigners' properties and attacking immigrants in general, forcing hundreds of migrants to relocate to police stations across the country. At the time of going to print, six people have been killed in the attacks.

South Africans run from rubber bullets fired by police when they looted a Somali-owned business following xenophobic attacks on foreigners in Du Noon, Cape Town, on May 23, 2008

Ed's Letter

#NoToXenophobia!

HAIR: MARVIN LOPES FROM JEAUVAL, HYDE PARK (011) 325-5045

WE at people magazine have been in a termoil of emotions the last few weeks with the xenophobic attacks – we are all crying for our beloved country. As if the loadshedding issues and crime increasing wasn't enough, we are now faced with the most violent attacks since Apartheid.

The latest xenophobic attacks have left us both angry and sad that humanity can continue to treat itself in this manner. People are being attacked and savagely killed, while others are left fearing for their lives. They've lost their homes and businesses which they have worked hard for – contrary to what many may think, they *haven't* just been given to them – and they are now fleeing to go back to their countries. We have an absolutely stunning country and all most of us want is to just live a peaceful life. This week, we take a look at what has been going on in South Africa. Our streets are a scary place to be at the moment, as you can see by the pictures on these pages.

On a lighter note, though – it's Matric farewell season already. They've only been back at school for four months but they're already planning and getting excited. In my day (yes – I am going back quite a few years!), we had our dance towards the end of the year, after exams, and it didn't cost parents nearly as much as it does today. The Grade 11s would raise funds throughout the year to help cover the costs and we had our dance in the school hall. Sure, it wasn't the most glamorous, but there was just no way a Matric farewell would be held in a fancy hotel! Listening to the stories about the dances today, however, it seems there is so much more to a Matric dance than just a night out in the school hall. In some schools you actually have to be *invited*, and for most Matrics it has become the most memorable night of their school career. So if you're looking forward to the greatest of all school nights, we're here to help you pick the perfect dress and look just fabulous from head to toe – turn to pages 27-38 for your Matric farewell edition. Now all you have to do is choose your lucky date!

Enjoy!

Andrea

andreac@caxton.co.za
@andrea_caknis

You Said It!

Readers have spoken out on social media about the situation in SA:

@People_SA #peoplewantstoknow #southafrica #loadshedding #XenophobicSA its shocking uncalled for this has made our country a laughing stock
people says: We are sad too, and hate that the world is watching this madness.

@People_SA people are dying in the streets #xenophobia and entertainment is all you can offer us. We also need educated celebrities.
people says: While we understand where you are coming from – and are very saddened by everything happening in SA – the magazine has to hit shelves weekly. And **people** magazine is a celebrity magazine – our readers look forward to their weekly dose, and in a way the entertainment allows us all to focus on something light-hearted for a while.

HARRY BEGS CHELSY 'Run Away With Me!'

IT seems the on-and-off couple are on again…for now.

BY MARTIN SMITH PICS: GREATSTOCK / WWW.ELITEPHOTOAGENCY.COM

PRINCE HARRY has been begging his ex Chelsy Davy to join him in Australia when he ends his military service next month. The 30-year-old royal has rekindled his romance with the feisty blonde in recent weeks, and he wants to seal their reconciliation with a backpacking trip for two through the Outback.

"**Harry** has this crazy notion about popping the question at Ayers Rock," discloses a long-time friend. "And he's been looking at diamond rings, just in case he is tempted to go through with it. He was always very impressed by the way his brother **William** proposed to **Kate** while they were on safari in Kenya – and said how he'd like to do something similar."

Now that day could be fast approaching! **Harry** and **Chelsy**, 29, have been taking kiddie steps with their relationship since reconnecting just before Valentine's Day. The pair dated on and off for seven turbulent years before finally splitting shortly after the royal wedding in April 2011. "They had a lot of rows when they were together previously," admits the friend, "But this time things so much calmer. It's almost like they have both mellowed while they have been apart. To those who know them well, it's not really a surprise that they have become close again. Despite all the arguments, they really are soul-mates."

Apparently it was the Duchess of Cambridge who brought the two back together, after **Chelsy** split from her long-time boyfriend, society jeweller Charles Goode, at the start of the year. **Harry** hasn't been long out of his romance with **Cressida Bonas**, the source says, and **Kate** has always known that **Chelsy** is the big love of his life. "And she acted as go-between to see how they still felt about each other. It was pretty obvious that both of them were keen to start seeing each other again. But **Chelsy** made it clear that she was looking for a husband and wanted to have children. And she let **Harry** know that she would only take him back if he was deadly serious about having a lasting relationship."

Zimbabwean-born **Chelsy** has been spending a lot of time in London in recent weeks after quitting her job at law firm Allen & Overy. "She has been trying to keep things low-key with **Harry**," explains the friend. "She has had a couple of sleepovers at Kensington Palace, but they have been trying to stay out of the spotlight. **Chelsy**'s view is that they will go public when she is good and ready. And **Harry** is only too happy to comply with her wishes. That's why they have decided to get away somewhere peaceful for a few weeks. They need to spend some quality time together, rather than dating in a goldfish bowl like London."

So before he went Down Under for his month with the Aussie Army, **Harry** pleaded with **Chelsy** to join him once his official duties were over. "But she seemed reluctant," admits the friend. That's when the crafty Prince tried to make her jealous by going to see **Cressida Bonas** perform on the London stage on March 25. "And it worked," says the source, "Because now **Chelsy** realises that she can't play hardball with **Harry** for too long – else she risks losing him forever!"

So it looks like the pair are set for their big Outback adventure following **Harry**'s newly announced visit to New Zealand on May 9-16. "**Harry** also wants to take **Chelsy** to the Barrier Reef and maybe go on to Asia or the Indian Ocean afterwards. They will both soon have time off and he wants to spend every moment with her. **Chelsy** still loves **Harry**, there is no doubt about it. But this time if they get back together, she has to know it's forever. She can't face seeing him for a few months and then splitting again. She's made it clear to **Harry** that she wants to get married and have kids – and if he isn't ready to pop the question, he can forget about a relationship. As far as **Chelsy** is concerned, it's all or nothing."

Cressida Bonas

Chelsy will only take Harry back if he proposes

Harry has been looking at diamond rings, and wants Chelsy to join him in Australia when his military service ends

The Duke and Duchess of Cambridge – Kate reportedly brought Harry and Chelsy back together

'It's almost like they have both mellowed while they have been apart.'

Chef's Choice: PEA AND MINT SOUP

CELEB JUDGE, CHEF COCO, of Clover's *Little Big Cook Off* absolutely loves to whip up this Clover dish on a cool evening. It's light, delicious and healthy. We've tried it and love it!

Chef Coco

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Ingredients

- 40ml Clover Mooi River Butter
- 10ml (2 tsp) olive oil
- 5 spring onions, chopped
- 1.5L hot vegetable stock
- 100ml Clover Full Cream Fresh Milk
- 900g frozen baby peas
- 10g fresh mint leaves
- 85g Parmesan, finely grated

Directions

PEA SOUP:

- In a large saucepan, heat the butter and olive oil. When it starts foaming, add the spring onions. Gently fry until golden. Stir in the stock and bring to the boil.
- Stir in the peas and milk, simmer for about three to five minutes until they are heated through. Remove the pan from the heat, add the mint leaves. Using a stick blender, blend until smooth.

PARMESAN CRISPS:

- Preheat oven to 200˚C.
- Line a baking sheet with baking paper and divide the grated Parmesan into even circles.
- Bake on middle shelf for five to six minutes or until golden brown. While still warm and a bit flexible, lift the crisps from the baking sheet with a palette knife, allow to cool on a cooling rack until set.
- Serve soup with the Parmesan crisps.

P7195/17 PHOTOS BY VICKIE DE BEER FOTO'S CRPHOTOGRAPHIC AND MARCOS DENGO FROM EVENTPICS

Spotted

BY WARREN ROBERTSON

Getting Down(ey) With Hollywood

JUST 10 years ago many people thought of **Robert Downey Jr** as a washed-up has-been actor – now he dominates the movie business, and in no small part because of his beloved performance as Tony Stark (AKA Iron Man)! And recently the star turned 50, so naturally, to mark the occasion, he threw a *huge* party, with a glittering A-list attendance register. **Jennifer Aniston** and fiancé **Justin Theroux**, **Reese Witherspoon** and husband **Jim Toth**, **Gwen Stefani** and **Gavin Rossdale**, **Orlando Bloom,** and **Katie Holmes** were just some of the big names who gathered at Santa Monica's Barker Hangar for **Rob**'s star-powered soirée.

Gwyneth Paltrow was spotted with 'secret' boyfriend **Brad Falchuk**, co-creator of *Glee* and *American Horror Story*, seemingly confirming what had been rumoured before: that they are, in fact a couple. As mentioned before, **Jennifer Anniston** was also there with her partner **Justin Theroux**, and according to sources inside the party the two were not ashamed to indulge in public displays of affection. "**Jen** and **Justin** looked happy and were very affectionate," the source says. "They kept hugging and kissing."

Joined by his wife Susan, (Iron) Man of the hour and his guests, who also included **Jeremy Renner**, **Dustin Hoffman**, **Edward Norton** and **Jason Bateman**, enjoyed a rare private performance by **Steely Dan**, amongst numerous other musical interludes from top jazz musicians.

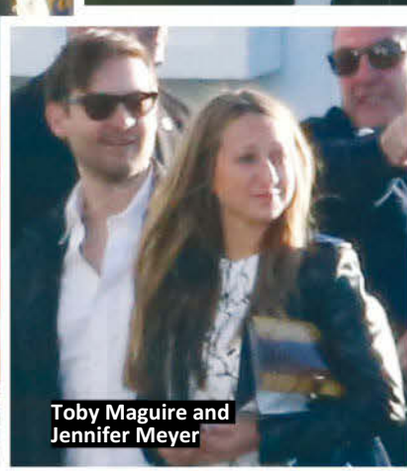
PEOPLE EXCLUSIVE PICS!

Orlando Bloom up close with Justin Theroux

Joel Silver

Justin Theroux, Orlando Bloom and Jason Bateman

Justin Theroux and Jennifer Aniston



Toby Maguire and Jennifer Meyer

Brad Falchuk

Edward Norton

Jim Toth, Reese Witherspoon, Jack Osbourne and Lisa Stelly

Brad Falchuk and Gwyneth Paltrow

Dustin Hoffman

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Out & About

WITH JEN SU

TV & Radio Presenter **Jen Su** brings you the lowdown on entertainment's biggest weekend – a doubleheader of the 2015 MTN Radio Awards in Joburg, and the 21st Annual South African Music Awards in Sun City.

IMAGES: TAMIKA MILLER AND TOTAL EXPOSURE. JEN SU WARDROBE BY PALLU – EARRINGS BY MIGLIO

AWARDS, awards, and more awards – that was the name of the game with SA entertainment's biggest weekend, which saw the 6th Annual MTN Radio Awards and the 21st South African Music Awards (SAMAS) take place. The who's who from both industries (not to mention the media) all swarmed to Joburg and Sun City to partake in the celebrations.

The MTN Radio Awards were held at the Sandton Convention Centre, and were emceed by comedian **Joey Rasdien**. Lance Rothschild, CEO of the MTN Radio Awards, commented: "We are delighted with the way the industry has adopted these awards, with a new record in entries from stations and organisations, and a huge increase in support from the industry."

The awards ceremony, which celebrated the various categories of community, PBS and commercial radio, ended just past midnight, with winners including Jacaranda FM for Commercial Station of the Year, Thobela FM Best PBS Station, and Radio Pulpit as Community Station of the Year.

Radio personalities who graced the red carpet included **Kieno Kammies**, **Pabi Moloi**, **Sureshnie Rider**, **Rob Forbes**, **Fix Moeti**, **Rob Vember**, **Aki Anastasiou**, **Darren Scott**, **Guy McDonald**, **Andrew Hope**, and **Skhumbuzo Mbatha.** And with their awesome outfits, the glamorous guests were not just faces for radio!

Dot Com

Masechaba Lekalaka

Thandi Moyo

Jen Su and Sureshni Rider

Niall Collie, Dave Du Preez, Brad Brown, Aki Anastasiou

Jen Su and Phathutsedzo Ndou

Danny K and Lisa

Toya Delazy

Kurt Darren

Jen Su and Paledi

Johnny Apple

Lira

Cassper Nyovest

Pearl Thusi

The next morning it was off to Sun City for the **2015 South African Music Awards** – I checked in at The Palace of the Lost City, and it was off to the red carpet where the famous 'Drama of the SAMAS' was front and centre, with **HHP** emceeing for the night. Unlike the gold belts and lace cocktail dresses of the Radio Awards carpet, the SAMAS red carpet was full of bling bling, long gowns, sunglasses, and sideboob! And this year's #SAMAXXI goodie bags were worth over R2-million!

Among the Best Dressed in my book were: **Pearl Thusi**, who wore a crimson and black signature David Tlale gown with a plunging, open neckline; rapper **Cassper Nyovest**, who won Newcomer of the Year and wore a full-on green suit; and **AKA** looked super cool in his black suit jacket, which was lit up with 100 lights, designed by Paledi Segapo of Palse Homme. **Bucie Nqwiliso**, who won Female Of The Year, stunned in a fuchsia plunging gown with silver sequin trim. **Lerato Kganyago**, who was busy with backstage interviews, opted for a short, burnished silver matte sequin dress, and **Kelly Khumalo** went for the long lace look, while her sister chose black and white to complement **Kelly**'s outfit.

Beatenberg won three awards in three minutes, including Best Group – although the highest kudos went to Aking for winning Best Rock Album, with their F-bomb acceptance speech getting the Twitterverse trending – and Kia Record of the Year went to **K.O**. featuring **Kid X** for featuring **Kid X** for *Cara Cara*. And then it was off to the afterparty!

Visit our webiste for pics of the above stars at the SAMAS.

RiRi has called off her joint tour with the rapper – we reveal why!

RIHANNA DROPS KANYE

BY ANGELA BEKIARIS

JUST a few weeks back Kim Kardashian was panicking over husband Kanye West's joint tour with Rihanna. But it seems the reality star stressed for nothing, now that Rihanna has just called off her joint tour with the rapper – for her own benefit!

She's always been one the wilder ones – which gave **Kimmy** even more reason to be worried about leaving her man alone with the hot star – but who knew the so-called man-eater is actually one of the wiser ones too?

While **Rihanna** and **Kanye** recently worked together on **RiRi**'s new album – with **Kanye** not only producing the album but also working together with **Sir Paul McCartney** too, to make one of the biggest hits of the year, *FourFiveSeconds* – it seems **Rihanna** saw a few things about good ol' **Kanye** that **Kim** hasn't.

With a world tour planned from February this year, and with fans around the world excited to see the duo in person, it seems many are going to be left disappointed – including **Kanye**.

A source claimed, "She started having second thoughts shortly after it was revealed back in February that the tour details were 'accidentally' released by **Kanye**'s creative team, DONDA. She didn't like how it was announced and felt like **Kanye** would take control over how the tour was promoted, too. She didn't want to be a part of it."

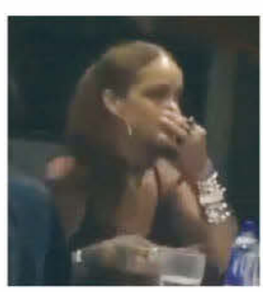
Insiders also feel that the Barbadian beauty is pulling out because of **Kim**, too – wherever **Kim** goes, a huge entourage follows, and **RiRi** is just not in the mood for it. "She didn't want **Kim** to interfere with her work or her image. She's worried that everyone thinks she's a joke and she'd ruin her brand."

RiRi DENIES COCAINE USE

RIHANNA sets the record straight after drug allegations.

AS if she's not getting enough publicity by dropping Kanye, Rihanna is now dealing with rumours of her indulging in more than just marijuana these days! After a suspicious video taken during Coachella recently went viral, the pop singer is defending her actions, denying that she snorted cocaine!

The video shows two of **RiRi**'s friends dancing to music and drinking, while **Rihanna**, dressed in a black dress, rolls a cigarette in the background. But things got suspicious after she wiped her nose and the video cuts out. **Rihanna**, being the woman that she is, took to the comments section of the Vine, where the video had been posted: "N—a your lame ass got some f—g nerve!!!" she wrote, "Any fool could see that's a joint that I'm basing with cigarette! Who snorts tobacco??!! FOH witcho 'never been to a rodeo so someone squeezing their nose means they're doing coke' lookin ass!!"



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The self-professed 'bad girl' later shared a video on her Instagram account – the clip was taken at Coachella in the same setting as the Vine video, and it appears to show **Rihanna** doing exactly what she reportedly claimed to be doing: rolling a cigarette. **RiRi** also posted an Instagram picture of herself holding a can of Coca-Cola, in an apparent reference to the controversial video. She captioned the photo "#petty."

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Couple News

BY ANGELA BEKIARIS

PICS: PAN MEDIA

Is Nicki Minaj Engaged?

NEWS broke this week about **Nicki Minaj** – and it included the word 'fiancé'. Sources say the star has agreed to marry rapper **Meek Mill**. Sporting a huge rock on her wedding finger – and of course nails and nail art that almost stole the limelight away from the ring – the star made headlines with engagement rumours. But mommy dearest Carol Maraj has reportedly denied everything, despite the hints that herself had been dropping hints on social media. "I talk to my daughter every day, and she said she was not engaged," Maraj said at the Dress For Success gala in Manhattan, where she was honoured for her work supporting domestic violence victims.

Kim Dislikes Kris & Kanye's Relationship

ACCORDING to insiders, **Kanye West** and mother-in-law **Kris Jenner** are business BFFs – and **Kim Kardashian** is NOT happy! While the in-laws started off butting heads, it's seems they've found some common ground – and what's better than being business bestie with **Kris Jenner**, right? Sources say the two have become very close, adding that their new fond bond is upsetting Kim. The insider dished that **Kanye** and **Kris** 'really bonded on their recent trip to Europe, and now they're thick as thieves'. The source claims the two business masterminds have come together to plot their world takeover. "She's on the phone to him 24/7, asking his advice and involving him in the big business decisions all of a sudden," the source says, adding, "When he needs help with **North** or anything practical, she's his first call." And instead of being happy that her mom and husband get along, insiders say the reality star is irritated because she feels like they're ganging up on her the whole time. "**Kris** and **Kanye** are constantly brainstorming **Kim**'s upcoming appearances and schedule together – before she even sees it herself! – which has added to her annoyance." **Kanye** has admitted in the past that it's 'super-cool' to have a mother again after his mom Donda West passed away in 2007.

Amber Wants Family-Friendly Mansion

AMBER HEARD has reportedly told husband **Johnny Depp** that she wants him to trade his bachelor pad in for a family-friendly mansion. The new **Mrs Depp** is demanding the actor sell his Los Angeles bachelor penthouse so the newlyweds can purchase a mansion to expand their soon-to-be growing family! "It's more like a museum or a clubhouse than a place you can raise a family," says a source. "If he wants her to give him kids, which he most definitely does, he's going to have to find them a real house in Hollywood." The actors tied the knot in a private island ceremony in February. **Johnny** has two children, daughter Lily-Rose, 15, and son Jack, 13, from his relationship with ex-girlfriend **Vanessa Paradis**.

Nick Will Always Love Mariah

NICK CANNON and **Mariah Carey** might have called it a day, but according to the *America's Got Talent* presenter, **Mariah** will always be the love of his life. The star apparently has a whole lot of love for the mother of his kids. "It's one of those things, I'm ...ss romantic too," he revealed in an interview. "To me, one thing I know, that will always be the love of my life, always be my family and that's never going to change." When asked recently if he would ever get back together with **Mariah**, he responded, "Never say 'never'." Hmmmm....

Naya Rivera Enjoys 'Baby Moon'

GLEE star **Naya Rivera** is loving her pregnancy and decided to treat herself to a great vacation before the baby arrives. The star, who announced she was expecting her first child with husband **Ryan Dorsey** two months ago, posted a photo on Instagram of her dipping into the ocean in a brown two-piece bikini, showing off her growing bump. "Baby moon," she captioned the pic, while staying close to shore in her black sun hat. Enjoy the peace and quiet while it lasts, **Naya** ...

BY ANGELA BEKIARIS

No Weight Drama For Kelly

KELLY CLARKSON'S weight is no longer an issue – for her, that is!

FORMER *American Idol* winner Kelly Clarkson has been making headlines for her weight ever since she first hit stardom. And while it's no secret the star has had trouble losing some kilos – especially after giving birth to daughter River Rose – it seems the world cares more about her extra kilos than she does.

The singer recently revealed that she will never obsess about her figure. Because she's had to deal with many horrible comments over the years about her weight, the star admits that it's made her develop thicker skin. "There are just some people who are born skinny and with a great metabolism – that is not me. I wish I had a better metabolism, but someone else probably wishes they could walk into a room and make friends with everyone like I can. You always want what someone else h don't obsess about my weight, which is probably one of the reasons why other people have such a problem with it."

Zoë's Eating Disorder Exposed

ZOË KRAVITZ opens up about battling an eating disorder.

THE gorgeous daughter of Lenny Kravitz and Lisa Bonet has been chatting about her eating disorder in recent interviews. The star, who struggled with eating healthy for a long time – a struggle many men and women around the world deal with – recalls her shocking body transformation while filming *The Road Within* in 2013.

Zoë, who played a woman with anorexia and dropped to 40kg, says, "Part of me didn't want to gain the weight back, which was scary. I went through eating disorders in high school, so it triggered some old stuff." According to the star, she lost so much weight that her body fought back. "I was so thin that I wasn't getting my period," she added. But the worst thing for her was everyone's reactions. "People were like, 'You look so good!' I was like, 'Oh my God, that is disturbing'." Luckily for her, the star is looking healthier and happier these days, and it's all thanks to her revelation on New Year's Eve 2013. "I just felt it was different. I don't know if a f***ing spirit came over me and said: 'You have to stop'. I feel like something has left my body, like some part of me is gone now, something that was making me so insecure. And it feels amazing."

Pink Slams Body-Shamers!

PINK is lashing out after receiving nasty comments about her weight.

ROCK star Pink has never been one to worry about what people think. And while she might not be the most beautiful woman in everyone's eyes, the singer is making it clear that she believes she is, slamming body-shamers who think otherwise.

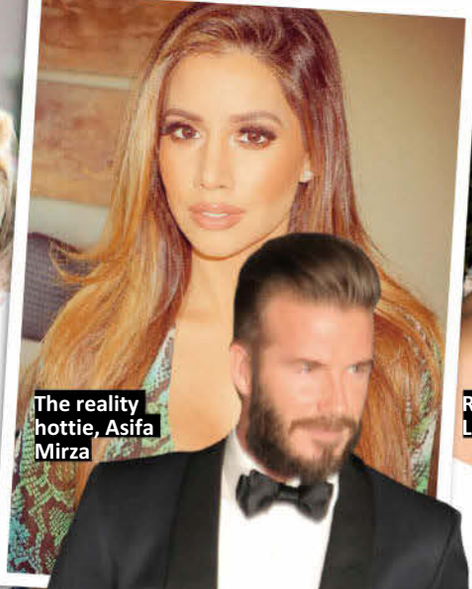
After being called fat recently, **Pink** spoke out: "I feel beautiful." After an onslaught of negativity surrounding her dress at a cancer benefit recently, **Pink** took to Twitter to address those criticising her body. "I can see that some of you are concerned about me from your comments about my weight," she began. "You're referring to the pictures of me from last night's cancer benefit that I attended to support my dear friend Dr. Maggie DiNome. She was given the Duke Award for her tireless efforts and stellar contributions to the eradication of cancer. But unfortunately, my weight seems much more important to some of you."

The 35-year-old, who wore a black, ankle-length gown with a deep V-neck top to the ball, added: "While I admit that that dress didn't photograph as well as it did in my kitchen, I will also admit that I felt very pretty. In fact, I feel beautiful. So, my good and concerned peoples, please don't worry about me. I'm not worried about me. And I'm not worried about you either:)… I am perfectly fine, perfectly happy, and my healthy, voluptuous and crazy strong body is having some much deserved time off. Thanks for your concern. Love, cheesecake."

The singer went on to post some of the nasty comments made, such as "@Pink fat b**ch loose wait." (Yes, the slammer couldn't even spell!)

WWW.ELITEPHOTOAGENCY.COM

Becks was almost in the dog box with Vic again



The reality hottie, Asifa Mirza

Rebecca Loos

Becks and Posh

Is Becks Playing Ball With Someone Else AGAIN?

Sounds like **Posh** doesn't have anything to worry about – well, at least from that corner. But hey, she's got nothing to lose by getting in some SoulCycle in the process, except perhaps for any unwanted kilos!

Posh's son, Brooklyn might have his eye on Asifa

Asifa with her ex-husband, Bobby Panahi

PICS: GREATSTOCK

PICS: GREATSTOCK / WWW.ELITEPHOTOAGENCY.COM / AAI FOTOSTOCK

BY ANGELA BEKIARIS

COULD a reality hottie be coming between **Posh** and **Becks**?

ONCE a cheater, always a cheater – right? Well, while that seems to be the case for some, David Beckham has worked hard on his marriage and family after being caught cheating with Rebecca Loos in 2004. But now, 11 years later, it seems wife Victoria is starting to panic that it could happen all over again!

There's no denying the former soccer stud is a charmer, which is why **Vic** has been tagging along with him wherever he goes these days – that and the fact that rumour has it reality hottie **Asifa Mirza** has her eye on the Brit.

According to sources, **Victoria** recently decided to join her husband during a SoulCycle class in Los Angeles. And while she might really just be enjoying the new exercise regimen, sources say the fact that he is surrounded by beautiful women is the real motivation her.

Rumour also has it that reality hottie **Asifa Mirza**, from *Shahs Of Sunset*, takes the same class and that **Vic** feels threatened by her. "She was determined to go along with **David** to make sure that there was no funny business going on," says an insider. And things went from bad to worse when **Vic** saw in person how friendly her husband is to all the women in the class. **Asifa**, however, wasn't there so **Vic** didn't get a chance to pick up on any chemistry between her husband and the sexy reality star.

But while her intuition may be spot-on – and let's be honest, with a husband like **David Beckham**, any woman would be keeping constant vigilance – another source reveals that it's really her son **Brooklyn** she should be keeping an eye on instead. Insiders claim it's the 16-year-old who has his eye on **Asifa**.

Eyewitnesses say the teen, who is getting sexier by the day, has been spotted smiling broadly while chatting to his new female friend after a visit to class with his famous father. But smiles or not, **Asifa** doesn't seem very interested in any of the **Beckham** men – well, for now. Because despite fans disapproval, **Asifa** is once again dating her ex-husband **Bobby Panahi**. The star has reportedly giving her former man another shot at love, saying, "We are so in love. It's so different now because we know how to communicate. I am glad we took a chance again and didn't just end things for good."

Asifa went on to say that she believes people give up on relationships too soon, thereby devaluing them. "And cheating nowadays – especially with these dating apps...it's so easy to meet people. We have an unconventional relationship but are very happy," she added.

The couple wed back in 2011 and separated only months later. Since they've started dating again, **Asifa** has hopes that they will eventually get re-married, this time with a ring.

CliffCentral Turns 1

HE shocked the country when he announced that he was leaving 5FM and now, a year later, **Gareth** feels like he has accomplished more than ever before.

BY EL BROIDE

TG Squared hosts, Trevor Gumbi and Nina Hastie, with comedian guests Griff, Tall A$$ Mo and Vuyo Mse

WHILE the concept of online radio is still rather new for many South Africans, the truth is that it's been around for years, and we already have a few online radio stations, such as 2OceansVibe, Ballz Radio and Lucky Radio that have attracted a loyal listener base.

When **Gareth Cliff**, the host of one of the most listened-to breakfast shows in the country, announced that he was leaving his stable job at a commercial radio station to venture into this unknown territory in South African radio, it was easy to see why the public didn't necessarily understand his decision. Now, as CliffCentral celebrates its first birthday on May 1, **Gareth Cliff** looks back at the most exciting year of his life.

"Starting this business has been the best thing I have ever done," **Gareth** tells us. "Better than my greatest radio shows, and all of my other achievements. This is my contribution to the future and to creating opportunities for talented young people in South Africa. Those first weeks, when thousands of people auditioned to be a part of our line-up, were eye-opening and exciting beyond description."

Speaking of the future, **Gareth** understands that while commercial radio is still dominating the local airwaves, the arrival of high-speed Internet and many other factors are ripening the environment for an explosion of Internet radio stations – and he wants to be at the forefront of this change in dynamics.

"Online radio is growing," he says. "The total listening audience in America doubled in one year…but most exciting is the way podcasting is taking off. We had three million podcast downloads since we launched. We're leading the way in getting people to connect with content they really want. That is the future of on-demand, online content."

The DJ understands that topics discussed on commercial radio pique the interest of different individuals and while the content may be interesting for some, others will start flicking between stations. Therefore, CliffCentral is an amalgamation of different topics; **Gareth** has created at least one podcast for each of his potential listeners' interests. These topics include general knowledge, celebrity culture, health, finance, sex, animals, technology, business and many more. These topics, paired with some lively personalities, are why the first year of CliffCentral has been so successful.

"I am amazed at the talent and variety we have at Cliffcentral.com," **Gareth** tells us. Some of the personalities who host their own shows include **Casper De Vries**, **Trevor Gumbi**, **Somizi**, **Phumi Mashigo**, **Hlubi Mboya**, **Adriaan Groenewald**, **Aspasia Karras**, **Tony Ndoro**, **Kaunda Ntunja**, **Helen Desbois** and **Tumisho Masha**, and **Gareth** promises even more surprises in the next few months.

It is, however, his former 5FM breakfast team that helped many listeners migrate to the online station. While the family stayed intact for the first few months, The Gareth Cliff Show, hosted by **Gareth Cliff**, **Mabale Moloi**, **Damon Kalvari** and **Leigh-Ann Mol**, saw its first crack with the exit of **Leigh-Ann**. **Gareth**, however, admits that as hard as it was to lose his side-kick, her exit wasn't a hard knock for the station. "I love **Leigh-Ann** and I was sad to lose her – but what better way to lose someone than love?" he asks. "She moved to be with the man she loves and that's a positive move. You also learn very quickly that nobody is irreplaceable, even the most brilliant, talented people.

Things change and you adapt, sometimes surprisingly fast."

Gareth also understands that when starting any business, one encounters speed-bumps along the way – speed-bumps one would need to adapt to very quickly. When asked what lessons he's learned over the past year that he wishes he'd known before starting the station, the DJ admits that he is still learning every day and wouldn't change a thing, and that the journey in itself had been exhilarating.

"We were ahead of the curve when we launched CliffCentral and when you're pioneering, you often learn as you go along. I have a very experienced business partner and we have a great team, so crafting this journey has been relatively smooth, although it's hasn't been without anxiety. So far, there's nothing I would have done differently," he says.

A few months after CliffCentral launched, many media houses reported on the fact that the station wasn't doing as well as expected and in response to this **Gareth** admitted that he was 'starting something so new and so different, it'll take some people a lot longer to break habits; to get their heads around how easy it is to listen online and for advertisers to understand the future of media'. "For every thousand FM listeners, just passing through between songs, news, traffic, commercials and noise, I now get one golden online listener – worth 1 000 times the former," the DJ explains. "These people are discerning early adopters – the leaders of tomorrow, people who think big and outside of the rules. They're the people you really want to know." Once advertisers understand the value of these listeners, Gareth says, they will be able to target their message to a group of people who have an interest in the station and the particular segment advertised in, which will, ultimately, ensure that an advertiser is able to direct their message to people who will have an interest in their product or service and who are voluntarily tuning in to this content.

With CliffCentral still growing, **Gareth** has admitted that his days on commercial radio are done and dusted. "I think it would be like taking a free creature and confining it to a boring, dirty cage. I wouldn't be excited to work for any of them, and they just aren't able to do anything innovative anymore," he says.

CliffCentral has done some amazing things in its first year and **Gareth** tells us that we can expect a lot more growth from the station in its second year.

"I can promise our audiences worldwide that we're going to be upping the game – our shows are getting better and better, the number of people listening live and to podcasts is growing steadily and we're adding more and more ingredients to the mix – try us: There's a show for you."

Bisi Thethe, Wilmorie Janse van Rensburg and Tumisho Masha, the team that hosts #blaquelife

BY MARTIN SMITH / PICS-WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK

Gordon keeps wife Tana happy to avoid losing half of his fortune

Gordon Ramsay, wife Tana Ramsay and daughter Matilda

Hell Hath No Fury Like... Gordon's Wife

YOU think **Gordon Ramsay** is scary? Meet the woman who scares him!

IT'S hell at home for Gordon Ramsay. The foulmouthed TV chef, who is famous for his tantrums, is terrified of his wife, Tana!

"He's completely under the thumb," dishes a friend of the *Kitchen Nightmares* host. "**Tana** bosses him around all the time. And she's not afraid of his temper – far from it. She gives as good as she gets and they have had some *very* ugly fights… Once they even smashed several plates as things got completely out of hand. **Gordon** was having to duck out the way to avoid getting hit. And another time the screaming was so loud that neighbours almost called the cops because they thought they were going to kill each other!"

No wonder the henpecked 48-year-old British chef takes his frustrations out on hapless contestants on his TV shows! "**Gordon**'s tirades are an outlet for all the frustrations he feels at home," declares the friend.

The pair, who wed in 1996, have four kids together – Megan, Matilda, and twins Jack and Holly, and, like their good friends, **David** and **Victoria Beckham**, they split their time between London and Los Angeles.

Tana, 40, who used to be a Montessori teacher, has piggybacked on her husband's celebrity status in the UK, appearing on food shows and having her own cook books published.

But their marriage hit trouble in December 2008 when 'professional mistress' Sue Symonds – who claimed to be the other woman in the life of married bestselling author Jeffrey Archer – claimed she'd had a seven-year affair with **Gordon**. In fact, there are even rumours that she videotaped some of their bedroom romps.

Worse still, the sexy blonde says that **Gordon** had at least *two* other lovers while he was seeing her and purportedly happily married to **Tana**. "Publicly, **Gordon** denied everything, but it caused huge problems behind closed doors," says the source. "**Tana** was furious, of course, and kicked him out for a few weeks. But **Gordon** begged and pleaded and grovelled and, eventually, she allowed him back. Although the trust was gone, **Tana** didn't want to break up their home – especially because of their four young children. But she has been watching him like a hawk ever since. And besides, being married to **Gordon** has its benefits, as she's discovered with all the work that comes her way because she's married to a big-name celebrity."

But, explains the insider, she has warned the celeb chef that any more funny business, and she'll take him to the cleaners! And **Ramsay** knows she means it. If the pair divorce, **Tana** will be in line for half his R1.4-billion fortune!

"No wonder **Gordon** treats her like his princess, even when she's hurling abuse – and other things – at him! She's got him running around after her like crazy," says the source. "It's quite comical really. **Gordon** just sucks up the abuse like a sponge and does whatever **Tana** tells him. He's forever buying her flowers, jewellery – everything. He even brings her breakfast in bed and gets all the kids up and off to school, so she can get more beauty sleep.

Gordon may be the meanest mouth on TV, but at home he's like a pussycat. And he knows that if **Tana** ever catches him cheating, it's going to be curtains for their marriage – and he'll be R700-million poorer!"

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Who will take the honours this year?

How to nominate:

MAFIKIZOLO
TRENDSETTING CELEBRITY OF THE YEAR 2014

1 Trendsetting Celebrity of the Year 2015

SMS **SATY 1** (Space) Nominee Name/Surname (Space) Nominee Description to **'43043'** or email to satynominations@ann7.com **SATY 1** + Nominee Name/Surname + Nominee Description.

2 Campaign of the Year 2015

SMS **SATY 2** (Space) Nominee Name/Surname (Space) Nominee Description to **'43043'** or email to satynominations@ann7.com **SATY 2** + Nominee Name/Surname + Nominee Description.

67 BLANKETS FOR NELSON MANDELA DAY
CAMPAIGN OF THE YEAR 2014

HASHIM AMLA
SPORTSPERSON OF THE YEAR 2014

3 Sportsperson of the Year 2015

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4 Entrepreneur of the Year 2015

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PATRICE MOTSEPE
BUSINESS PERSON OF THE YEAR 2014

JOHN PERLMAN
SPIRIT OF HUMANITY 2014

5 Spirit of Humanity Award 2015

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6 Young South African of the Year 2015

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SANDILE KUBHEKA
YOUNG SOUTH AFRICAN OF THE YEAR 2014

THULI MADONSELA
SOUTH AFRICAN OF THE YEAR 2014

7 South African of the Year 2015

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Nominations close 30 April 2015

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DStv CHANNEL 405

BY LETITIA HEROLD

PEOPLE EXCLUSIVE PICS!

"I knew I wanted the colour story to be blue."

PICS: GREATSTOCK TRUNKARCHIVE.COM JUSTIN COIT QUOTES: WWW.DOMAINEHOME.COM

At Home With Dianna Agron

AMERICAN actress Dianna Agron invites us into her stylish and uniquely decorated home. The star, best known for her role in *Glee,* has recently renovated the patio area, a place where she loves to spend special times with her friends.

"I wanted there to be many options. A place to lounge in the sun, a dinning table for eating, painting – whatever we needed."

Continues on page 20...

"A lot of my home comprises found pieces from travelling."

Silky Rug: R329.99, Mr Price Home

Terracotta Pitcher: R149, Weylandts

TIP

THE colour blue evokes feelings of mystery and intrigue, and is perfect for an outdoor patio area. Add a splash of blue with your accessories such as cushions and vases.

Heart-Shaped Stones: R179.95, Entrepo

Glass Pendant Light: R399.99, Mr Price Home

Whimsical Escape

CREATE a picturesque escape with some of these beautiful and stylish pieces.

Wooden Crates (Set Of Two): R699.95, Entrepo

Printed Scatter Cushion: R119.99, Mr Price Home

Manilla Antique Urn: R2 895, Block & Chisel

TIP

OUTDOOR furniture need not be hard and rugged. If you have a covered patio, you can really express your design style and bring the outdoors to life with beautifully printed cushions, urns and rugs.

people's Choice

Delios Mirror: R6 994, Block & Chisel

WE love this unique ornate mirror, which not only creates the illusion of a bigger space but allows easy flow from the interior to the exterior.

Scatter Tie Dye: R395, Weylandts

Shang Dining Chair: R995, Coricraft

Riggs Dining Table: R6 495, Coricraft

STOCKISTS: CORICRAFT: WWW.CORICRAFT.CO.ZA / WEYLANDTS: WWW.WEYLANDTS.CO.ZA / BLOCK & CHISEL: (021) 691-0878 / MR PRICE HOME: WWW.MRPRICEHOME.CO.ZA / ENTREPO: WWW.ENTREPO.CO.ZA

*Prices subject to change. See disclaimer on page 28

IT seems yet another famous couple is facing the end of their fairytale.

BY PEARL MPHUTHI

Is This The End For Joel And Nicole?

THEIR relationship is on the rocks and it just might be Splitsville for Joel Madden and Nicole Richie. The last time the couple was even spotted together was weeks ago, when they were celebrating Joel and his twin Benji's 36th birthday in Los Angeles, where they were joined my Benji's wife, actress Cameron Diaz.

Week's later, however, and 33-year-old **Nicole** was seen house-hunting in Beverly Hills without **Joel** and, even more ominous, without her *wedding ring*. A source close to the pair said, "**Nicole** and **Joel** are at odds over everything. They're on the brink of divorce." It's rumoured the couple, who've been married for five years, spend time apart and that when they *are* together, all hell breaks loose. "They've been spending more time apart because all they do is fight when they're together. **Nicole** can be very forceful when she doesn't get her way, and **Joel** doesn't respond well to that." The insider continued to disclose that the pair is on civil terms only for the sake of their two kids. "If it wasn't for the kids, they'd be divorced already. **Nicole**'s trying to hang on for their sake, but she's at her breaking point."

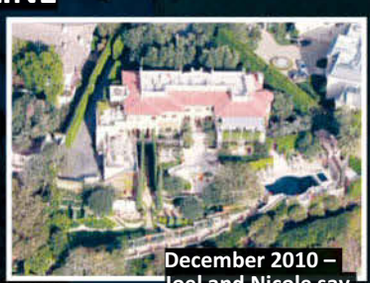
PICS:WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK

NICOLE AND JOEL'S RELATIONSHIP TIMELINE

January 2008 – Daughter Harlow Winter Kate Madden is born

May 2008 – The pair shoot a UNICEF public-service announcement to generate aid for the cyclone-devastated Myanmar

September 2009 – Son Sparrow James Midnight Madden is born



December 2010 – Joel and Nicole say 'I Do'

April 2015 – After five years of marriage, the couple is on the verge of separation

facebook.com/peoplemagsa

Cool Stuff

TREAT yourself to the latest technology with these cool items!

BY LETITIA HEROLD

Origami Jacket For iPad Mini 2:

iStore

INSPIRED by the beautiful Japanese art of paper folding, the Origami Jacket's front cover can be folded back for typing or viewing angles; plus it activates the wake/sleep function. Lightweight, slim and foldable, the Origami Jacket is the perfect match for your iPad mini. Available in black, lime, grey and pink.

R599

PRICE ON REQUEST

Galaxy S6 Edge:

Samsung

INTRODUCING the world's first dual-edge display – the brightest, most vibrant screen you've ever seen. And it's as sophisticated and elegant as it is smart. Users will also enjoy the fast 10-minute charge that gets you up to four hours of use. Available in an array of colourful jewel tones including White Pearl, Black Sapphire, Gold Platinum, Blue Topaz and Green Emerald, which produce a unique visual texture.

R799

G402 Hyperion Fury Gaming Mouse:

Logitech

THE fastest gaming mouse ever made, the Hyperion Fury gaming mouse features Logitech's exclusive Fusion Engine sensor technology. The best mouse for high-speed game play, the G402 can track as fast as you move and is designed to deliver hours of enjoyable game time.

Patrick Stewart and his Apple

Apps We Love

Social Media For Business:

Free, iStore

SO you have your own business but you're too scared to venture into the world of social media? This app has all the insider tips from experts who develop cutting-edge marketing strategies. The social media specialists will help you tell the difference between Facebook and Twitter, and how to publicise your small business.

Battery Windup

THE Ampware CrankCase has a pop-out handle, which is used to physically recharge a phone's battery when you are out and about so your phone never runs out of battery life. The more you crank the handle, the more power you give to your device. One minute of turning the handle will get you 40 minutes of battery life for your Smartphone and 20 minutes for your tablet.

PICS: WWW.ELITEPHTOAGENCY.COM / MAGAZINE FEATURES

STOCKISTS: LOGITECH: WWW.LOGITECH.CO.ZA / ISTORE: WWW.MYISTORE.CO.ZA / SAMSUNG: WWW.SAMSUNG.COM

Mother's Da

SPOIL your mom this Mother's Day with these awesome goodies....

Win one of 10 x Instax Mini 8 cameras with 2 films valued at R1 300 each!

THIS is the camera that brings instant fun and excitement to your everyday life! Cute and compact, the Instax Mini is available in seven different colours, and its simple operation allows for stunning pictures, with the easy-to-use brightness adjustment dial making sure the exposure is right each and every time. The device automatically determines the best brightness for taking a picture, and informs you of the suitable setting by lighting the corresponding lamp. Just turn the brightness adjustment dial to the position of the lit lamp icon, press the release button and watch the photo come to life in front of your eyes. You'll have your photo just two minutes after taking your shot!

For further information contact Fujifilm on (011) 430-5400

Sms the word 'Instax'

Win one of 4 Keune hair care hampers valued at R1 300 each!

KEUNE'S DESIGN brand distinguishes itself through its superior quality of product and its instantly recognisable style of packaging, and is exclusive to professional salons. Any type of hair can be styled by Design, which offers the tools that cater to *your* preferences – whatever, however and whenever! Available in professional hair salons nationally. For more information contact All Hair Solutions on (011) 791-3644

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Win one of 3 Elchim Professional Hair Dryers valued at over R1 750 each!

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The hamper consists of:

Fitbit Charge HR

MAKE every beat count with Charge HR, an advanced tracking wristband that gives you automatic, continuous heart rate and activity tracking right on your wrist – all day, during workouts and beyond. Monitor your heart rate 24/7 to get more accurate all-day calorie burning, reach your target workout intensity, maximize your training and get all-day health insights.

Fitbit Aria

Outsmart your weight with Aria™. The Fitbit Aria™ tracks your weight, body fat percentage, and BMI, painting a picture of your long-term progress. It wirelessly syncs your stats with online graph and mobile tools that help you stay motivated and on track. When you're in control, stepping on the scale feels good!

SMS the word 'iStore'

WIN one of 5 luxurious bath time hampers courtesy of Dentyne valued at R600 each!

MOTHER'S DAY is a chance to remember everything your mom has done for you. Not only that, you get to spend a day with your mother, adding yet another memorable moment to your lives.

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Heal your hair and give it a healthy shine with the help of Dr. Miracle's – the leading ethnic hair care range in South Africa.

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The Dr. Miracle's range of hair care products is available at selected Clicks and other leading beauty stores nationally. Dr. Miracles can also be purchased online at www.kalahari.com. For more information contact (021) 671-3647 or visit www.stylestudio.co.za.

Sms the words 'Dr. Miracles'

Sms the keyword followed by your name, surname and postal address to 48408. Closing date for entries is May 11, 2015. Smses cost R1.50 terms and conditions apply.

Juicy Gossip

BY ANGELA BEKIARIS

PICS: WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK

Zayn Thanks One Direction

ZAYN MALIK left girls worldwide devastated when he announced his departure from boy band One Direction recently. But there seems to be no hard feelings, at least on his part. The singer recently thanked One Direction in a heartwarming speech at the Asian Awards – his first appearance since leaving the band. Sporting a newly shaved hairstyle and a new nose ring, the 22-year-old pop star, was honoured for Outstanding Achievement in Music at the annual event, now in its fifth year. "I'd like to thank my mum and dad for making me Asian," he said in his acceptance speech, drawing laughs. "I'd also like to take this moment to thank four of the best guys that I ever met whilst being in the band and doing all the amazing things that I did. Some of the things that we did will stay with me for the rest of my life. Here's to the future." **Simon Cowell**, who helped form One Direction on *The X Factor UK* in 2010, recently spoke on *The Late Late Show* about **Zayn**'s departure and the band's future. The 55-year-old told host **James Corden** that he tried to persuade the singer to 'stay around a bit longer' – "Something in him said, 'No, I've had enough'." he explains. **Zayn** is expected to launch a solo career, although he has not announced one officially. Says **Simon**, "He's a fantastic singer....He's got to get his head together a little bit. He needs some time on his own, as he said, to be a normal 22-year-old, which he's going to have."

Selena Responds To Fat-Shamers

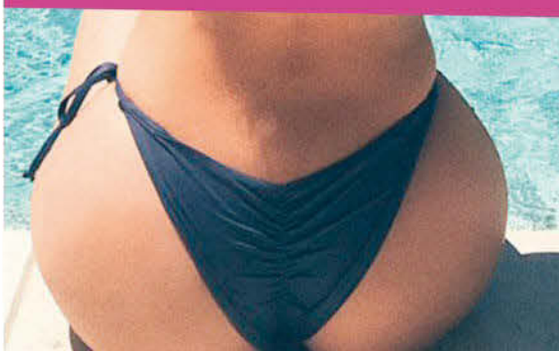
SO she's looking a little curvier these days, but that's only because she was just a little girl before. Turning into one va va voom woman**, Selena Gomez** is getting heads spinning these days – especially after having recently axed the **Biebs**. But the main topic of conversation when it comes to the star seems to her fat-shamers, who emerged after recent photos of her in a bikini were released. Having been in Mexico with a few friends, including record producer **Hit-Boy**, the star looked happy – and tanned – but some of her fans were not as happy apparently, throwing

Has Sugar Bear's Brother Gone Missing?

WELL, not really. While reports surfaced recently that **Sugar Bear**'s brother had disappeared, it seems he was actually just avoiding the family! Brother **Billy** says he doesn't know what all the fuss was about – he just didn't feel like talking to **Mama June** or **Sugar Bear**. So **Billy** is alive and well, despite having had a missing persons police report filed because he hadn't been seen or heard from for days. According to reports, his family was especially worried because **Billy** was going through hard times – he had been unable to find a job and was in the middle of a contentious breakup with his baby mama, who supposedly was refusing to allow him to see his kids. But **Billy** resurfaced and doesn't understand all the fuss. According to him, he was just working with a friend and didn't feel like returning phone calls or texts from them.

Butt Injections For Kylie?

SO she's denied the plastic surgery on her face, claiming she changes her look with make-up. But is it true that **Kylie Jenner** has had butt implants to look like sister **Kim Kardashian**? While there's no denying the fact **Kylie** is a little **Kim** in every way, we have noticed that the one thing not staying little over the last couple of months is her behind. A source has said that the 17-year-old has definitely upgraded her booty and 'recently underwent her first round of butt injections'. Sources also reveal that **Kylie**'s boyfriend, **Tyga**, is a big fan of **Kim**'s ridiculous curves, so it seems **Kylie** has caved into sculpting her body with the help of some surgery. "She's thrilled with the results and isn't holding back from showing it off," says the source.



PICS: WWW.ELITEPHOTOAGENCY.COM

BY SUZY MUKENDI

Navy Dress: R520, Foschini

Green Dress: R499, By Rare London, Zando

Draped Dress: R699, By City Goddess, Zando

Crocodile Print Dress: R3 200, Dusud

MATRIC DANCE *Edition*

MOST teens looks forward to their Matric dance – it's an excuse to go all-out and look like you're off to the Oscars!

MATRIC dance fever is in the air, so we thought we'd share with you some of the trendiest dresses and accessories, so you'll be smiling rather than stressing on the day.

Can you believe there was a time when you could only have one type of style for your Matric dance, like ball gown cuts and heavy frills that weren't your style at all? Thank goodness for fashion changing! So instead of layers of fabric, you have the choice of wearing something different, which will have you red-carpet ready, and feeling comfortable enough to dance the whole night away. So have a look at different styles, and worry about who you'll be taking as a date, not what you'll be wearing.

Brown Gathered Dress With Zip Detail: R2 995, Gavin Rajah

Black Frill Dress: R620, A-List

GLAM IT UP

BEFORE even thinking of who you're going to take as a partner, it's important to first find the perfect dress. What other chance do you have to get glammed-up at school? But finding a dress can be super stressful and who needs that? Whether you're petite, pear-shaped or tall – you name it – we have glamorous and stylish looks for everyone.

GiGi Hadid

Nude Pink Maxi Dress: R1 300, Ilan

Pink And Black Lace Bodycon: R799, By AX Paris, Zando

Gold Chain Necklace: R199, Accessorize

Flower Studs: R49.95, Woolworths

Tassel Necklace: R180, Woolworths

Gold Statement Diamanté Earrings: R190, Zuri

Diamanté Statement Bracelet: R280, Zuri

Antique Cream Bracelet: R150, Zuri

Tan Heels: R320, Truworths

Black And Gold Heels: Price On Request, River Island

Cut-Out Heels: R599, By Zoom, Zando

Black Lace Heels: R699, By Daniella Michelle, Zando

SHOES

EVERY outfit has shoes accompanying it, and in this case every dress is accompanied by a pair of fabulous show-stopping heels! There are many options when picking out the perfect shoes to match your dress. Have a look at these gorgeous heels that will have you walking over everyone's jaw.

Leaf Heels: R1 190, Errol Arendz

Block Heels: R599, Woolworths

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Blue Dress With Neck Detail: R799, Sissy Boy

White Studded Bodycon: R1 100, Guess

Black Lace Dress: R599, By City Goddess, Zando

High Neck Dress: R775, BiBi Rouge

Blue And Black Diamanté Necklace: R390, Zuri

Tassel Earrings: R79.95, Woolworths

Woven Necklace: R280, Zuri

Diamanté Cuff: R280, Zuri

Red Bracelets: R130, Zuri

Buckle Bangle: R160, Zuri

Rings: R99.95, Woolworths

JEWELLERY

ONCE you've chosen the dress, it's time to consider your jewellery. Depending on the colour of dress, you might have to go for silver or gold. But make sure that it balances out with the dress worn. Having too much going on will make you look like a Christmas tree – and Christmas is still a long way away!

SOMETHING FOR *The Guys*

Velvet Blazer: R999, Markham

Red Tie: R480,Pringle of Scotland

Waistcoat: R399, Markham

Printed Bow tie: R149 By CSQUARED, Zando

High Tops Slip On Shoes: R999, Woolworths

ONCE UPON A Fairytale

STYLIST: SUZY MUKENDI
PHOTOGRAPHER: TAMIKA MILLER

MATRIC DANCE season is here! Besides the upcoming final examinations, we all know that the matric dance is the most significant event of your high school life. Some of you, we bet, have even been planning what to wear since grade nine! Others, however, are probably still a little lost, and if you're one of those, we're here to help you along. One of the most important things is to make sure that whatever you choose, it's comfortable. Yes, looking out-of-this-world matters, but what's the use in suffering the night away in an ill-fitting ensemble? So get something that's fit for you as well as a fairytale.

TIP
METALLIC mixes well with turquoise – silver brings out the colour's undertone and gold gives off a rich, dramatic effect.

MEGAN
Earrings: R269, Accessorize
Dress: R4 595, Amanda Ferri
Bangles: R249, Accessorize

TIP

THE great thing about leopard print is that it works for any look you want. For your matric dance, pair leopard print with gold and a red clutch.

IMAN
Necklace: R299, Accessorize
Ballgown: R3 500, To Hire: R1 000, (Plus R500 Deposit), Cinderella's
Cuff: R140, Tessa Design

Earrings: R140, Tessa Design
Dress: R4 500, To Hire: R1 000 (Plus R500 Deposit) Cinderella's
Ring: R29.99, Mr Price

Earrings: R190, Tessa Design
Dress: R3 999, Hire: R1 000 (plus a R500 deposit), Cinderella's
Bangles (Set): R249, Accessorize
Midi Rings: Model's Own

Head Chain: R39.99, Mr Price
Earrings: R140, Tessa Design
Rings: R29.99, Mr Price
Dress: R1 950, Hire: R550,
(Plus R300 Deposit), Cinderella's
Metallic Tattoos:
Single Sheet: R120
Double Sheet: R200, House Of AN –
Image Emporium

Head Chain: R39.99,
Mr Price
Earrings: R119, Accessorize
Dress: R450,
Dashing Fashion
Metallic Tattoos: Single
Sheet: R120
Double Sheet: R200, House
Of AN – Image Emporium

Earrings: R199,
Accessorize
Dress: R4 595,
Amanda Ferri
Cuff: R160,
Tessa Designs

Earrings: R120, Tessa
Design
Choker: R199, Tessa
Design
Dress: R3 500,
Hire: R1 000, (Plus
R500 Deposit),
Cinderella's

TIP

IF you're going for royal blue and wondering what jewellery to wear with it, think minimalism. Simple gold or silver jewellery adds *just* the right touch of shimmer.

Earrings: R180, Tessa Design
Dress: R3 295, Amanda Ferri
Bangles: R349, Accessorize

Hoops: R180, Tessa Design
Dress: R800, Amanda Ferri
Cuff: R290, Tessa Design
Midi Rings (Pack): R49.99, Mr Price
Heels: Model's Own

AMANDA FERRI

Cinderella's
Elegant ladies eveningwear to hire or buy.

MAKE-UP DONE BY: CARLI PRINSLOO – (011) 889-0738 / HAIR DONE BY: ROBYN OVENSTONE FROM REDZT HAIR STYLISTS – (039) 315-6765 SHOP 23, SOUTH MALL, SHELLY BEACH / FASHION ASSISTANT: DENEAL FLORENCE / MODELS: MEGAN JEANES & IMAN SHEIK FROM ICE MODELS – (031) 309-6114 - DURBAN
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HOT DATE

GET ready to party!

WWW.ELITEPHOTOAGENCY.COM

Beauty

BY CARLI PRINSLOO

SO you finally got your dream date for the Matric farewell, well, now it's time to think about the perfect dress, accessories, make-up and beauty routine. This is a day that you have probably been planning since first starting high school, but getting ready for the farewell as a girl is complicated. Guys rent a tux, buy a corsage and deal with only the minimum prep work. Girls on the other hand have to deal with make-up and hair issues, getting the right accessories, prepping their skin – and that's only the beginning! In fact, there is so much to do that it can be overwhelming and it's really easy to forget about something really important. That's where we come in. These tips will help get you through the night stress-free, so you can have a great time without worrying about your appearance – because you'll look fabulous, of course!

Expert Liss Ultime Masque (200ml): R283, L'Oreal

Smoky Poppy Massage Oil: R130, The Body Shop

Before Having A Date Mask: R54.99, By Cettua, Clicks

Moisturising Skin Lotion: R74.95, Tantol

Tinted Self Tan Mousse: R699, Vita Liberata

Jessica Alba

PREP TIME

EVERYONE needs some time before a big day to get ready for the festivities. Celebs spend months getting ready for the Academy Awards and Grammys, so why shouldn't you take the time to make sure you look your absolute best for your night of glam?

Three Months To Go:
START testing out self-tanners and develop a routine that gives you the colour you want. The best way to get an even tan is to exfoliate before applying the product. Get your skincare routine sorted. If you see that your skin isn't in the best shape, change your regime or consult a dermatologist.

Two Months To Go:
BEGIN using body oil or lotion after every shower for super soft skin; pick up a teeth-whitening product (or see your dentist for a professional treatment).

A Month To Go:
IF you are having your hair, make-up and nails done by a professional, now is the time to book the appointments. Booking early will ensure that you get the most convenient timeslot. Ensure that the make-up artist and hairstylist is someone that you admire and trust. If you can, book a trial session so that you aren't distracted by a less-than-desirable look on the day of the farewell. Doing your own hair and make-up? Start getting the right products and experimenting with different looks.

Two Weeks To Go:
SPLURGE on eyebrow grooming. Then maintain the shape by tweezing strays. Make sure to have a conservative approach, so you don't end up with thin (or nonexistent!) eyebrows.

A Week To Go:
BOOK a spa day with friends or your mom to de-stress. Get a pedi and mani or do it yourself or with friends.

A Day To Go:
PAMPER your hair with a deep conditioning treatment to boost shine. A nourishing and gentle facial mask will calm and hydrate skin. Just make sure that it's a mask that you have used before, so there are no drastic changes in your skin.

12 Hours To Go:
GET a good night's sleep to avoid looking puffy and drink water to keep your skin hydrated.

Kiersey Clemons

THE MAKE-UP

YOUR goal should be make-up that is pretty, matches your dress and is not overdone.

Adrienne Bailon

Shay Mitchell

Glowing Skin

PERFECT skin starts with a primer. This fills in any lines to create a smooth surface. Then comes your foundation, and only after that you can add dimension and make your skin glow. Blush and bronzer is your arsenal. They instantly brighten-up your face and give you a radiant, healthy appearance.

Lip-Coloured Lips

a light-handed approach. Don't go for blood-red lips, but rather just a hint or rosiness. Fill in your lips with a pencil that is slightly darker than your natural lip colour. This way you have a base and won't feel compelled to reapply lipstick after eating. Follow with a sheer, glossy lip colour. Especially if your eye make-up is dark, a light lip looks glamorous.

Seductive Smoky Eyes

SMUDGY grey eye shadow looks soft and romantic. Define the upper lashes with a dark pencil – chocolate for fair skin and charcoal or black for dark skin. Smudge this line a little, then dust a grey shadow on top, and finish with mascara or falsies.

Flushed Cheeks

CREAM blush looks seamless over foundation and it blends into skin better than powder does. If you have dark skin, go for a reddish shade. Pink tones should be used for lighter skin.

Meghan Trainor

YOUR BEAUTY BAG

Loose Powder: R325, MUD Cosmetics

Major Lash Mascara: R230, Stila

Soo Glow! Cream To Powder Highlighter: R55, Essence

Eye Shadow In Diesel: R195, MAC Cosmetics

Colorstay Combo Foundation: R259.95, Revlon

Face Finity All Day Primer: R185, By Max Factor, Clicks

Lip Pencil In Timber: R125, Bodyography

THE HAIR

Iggy Azalea

WHICHEVER hairstyle you choose to fit your dream dress, there are three things that are non-negotiable: Your hair should be soft, shiny and not too neat.

Break Out In Curls

WORK a fist-sized amount of lightweight mousse into damp hair from roots to mid-lengths. Flip your head upside down and blow-dry. When your hair is *this* close to being dry, flip it back and finish drying with a round brush. Divide your hair into five sections, then lift it straight up and place a large roller behind the ends, winding down to the scalp. Remove the rollers after half an hour and neaten your curls with your fingers.

Joan Smalls

Wet And Sleek

EVEN slicked-back hair isn't completely smooth: it also has a bit of an edge – just look at **Joan Smalls**. Comb your hair back while it's still damp, then use gel over it all the way to the nape of the neck. Don't be shy! Leave the ends as is. When it's dry, you'll be left with that slicked-back look.

Curls & Waves Firm Hold Curl Cream: R119.95, By Trevor Sorbie, Dis-Chem

Wet Look Gel: R259 TIGI

Blow Styling Paddle Brush: R330, Tangle Teezer

Rihanna

Mess It Up

THE sexiest up-styles are not neat. A ponytail, bun, knot or braid is a lot more seductive if it looks easy and touchable. Pull a few strands forward, rough up the crown, tuck a wayward piece behind your ear or run your hands from the back of your head to the hairline to encourage fly-aways. Even **Rihanna**'s bun is not perfectly structured.

Make Waves

CELEB-WORTHY curls are not that difficult to achieve. Start by spritsing damp hair with thickening spray and distributing it evenly with a wide-tooth comb. Part your hair in the middle and scrunch the ends as you blow-dry. If you have naturally curly hair (lucky you!) skip the scrunching and just dry your hair with a paddle brush. When your hair is almost dry, twist it into a bun at ear-level, and secure with pins. Then use the diffuser to dry on your whole head for a few minutes. Leave the bun in for 15 minutes more and when you remove it, gently run your fingers through. Set the waves with hairspray.

Zendaya Coleman

THE FRAGRANCE

KEEP these tips in mind when choosing your scent for the big night.

- IF you let a little time pass before applying your fragrance, the bright, fresh top notes dissipate and reveal a warmer, sexier, longer-lasting scent underneath, so spray 30 minutes before the event begins.
- IF your fragrance is anything other than clear, the perfume will stain your dress, so don't put it on right after spritzing.
- SPRAY the nape of your neck, just below your hairline.
- A SPRITZ on the back of each knee lasts the whole night.
- FOR a sexier scent, avoid citrus fragrances just for one night. Choose scents from the spicy oriental family for a seductive feel. Scents that have a combination of woods, white flowers, vanilla and musk are elegant and sexy, but not overpowering.
- ONE spritz onto your hairbrush will leave your hair with a light and lovely scent. Whenever you flick or rearrange your locks, a pleasant smell will be released to those around you. Easy way to be more attractive!

Angel Eau de Parfum Spray: R995, Thierry Mugler

Sexy Amber: R720, Michael Kors

DNA4 Eau de Toilet: R129, Gosh Cosmetics

CLUTCH-BAG CRUCIALS

FIVE things to bring in your clutch.

IT'S good to be prepared, especially on a night as important as this. No doubt your dress is perfect, so make sure you have the beauty essentials to match with our handy edit. No make-up mishaps here!

Olivia Culpo

NAIL IT

THE perfect Matric farewell is right at your fingertips! Match your dress to these inspirational colours to steal the spotlight on your big night.

Bohemian Beauty
Rubi Nail Varnish: R49, Cotton On

Pretty Pastels
Megalast Salon Nail Colour in Candy-licious: R49.95, By Wet 'n Wild, Clicks

Red Albert
Nail Polish In St James: R115, By Nails Inc, Edgars

Cute And Classic:
Nail Polish In Cashmere Bathrobe: R99.95, Essie

Shimmer & Shine:
In If The Slipper Fits: R123, Morgan Taylor

YOUR beauty questions solved.

Beauty Q & A

MY mascara keeps running and my eyeliner smudges. How can I keep these in check?

USE a cotton bud to clean mascara from around the eyes, and concealer to touch up the area, then follow with a setting pow Avoid smudges altogether by using waterproof products.

WHEN out partying my lipstick always fad – what do I do?

THIS can be sorted by layering lip colour. Start with a lip pencil cover the entire lip, then follow with a long wearing lipstick an top it off with a gloss.

HELP! A spot has popped up the morning an important day!

COVER the affected area with a tiny bit of green concealer anc a brush. Blend it in with a sponge. Dab a bit of powder over it t keep it intact for the night.

WHAT can I do to keep my make-up from looking cakey?

USE a damp make-up sponge to smooth the foundation out. T will also remove any excess make-up. There you go – good as r

DO you have a beauty problem you just can't solve? Then e-mail people's Beauty Editor, Carli, for all your beauty enquiries at carlil@caxton.co.za.

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TV personality, author, lifestyle and fitness expert **Lisa Raleigh** will help you achieve your desired celebrity body.

FOLLOW your favourite celebs' exercise routines and look and feel as good as they do!

BY LISA RALEIGH

Get Doutzen Kroes' Gorgeous Booty

DOUTZEN may be a mother of two, but that shows no sign of meddling with her supermodel physique.

HERE are tips to keep fit like this supermodel:

MAKE IT A LIFESTYLE: **Doutzen** was an active child who would speed-skate and ride bikes for sport.

STAY HEALTHY WHEN PREGNANT: **Doutzen** maintains that while the odd craving is fine, pregnancy is a time to eat nutritiously, for the sake of your baby. She steered clear of processed foods and sugar throughout both her pregnancies.

EXERCISE SAFELY: The star kept up her leg and butt training routines throughout her pregnancies, but she abandoned exercise for the few months after each baby was born. She maintains that the abs need time to heal, and taking time off is important for a full recovery.

TRAIN TOWARDS YOUR IDEAL BODY: **Doutzen** favours the look of ballet dancers and Pilates regulars, so those are the exercise disciplines she undertakes. Three sessions a week is what keeps the supermodel runway-ready.

GO GREEN: The star makes healthy green fruit and veggie shakes for her family each morning, and opts for organic foods wherever possible.

INCLUDE these three moves in your workout for a killer booty and legs like **Doutzen**'s:

Bridge With Diagonal Leg Extension:

LIE on your back with your feet holding your body off the ground in a straight line. Lift one foot off the ground, tuck it under your raised knee, then stretch it out in the air in the opposite direction. Aim for three sets of 10-15 reps with each leg.

Elevated Lunges:

STAND with one foot out in front of you and the other resting behind you on an elevated surface. With hands on hips, sink into a lunge, being careful that your front knee doesn't extend past your toes. Pause for a moment then return to your starting position. Aim for three sets of 10-15 reps with each leg.

Lateral Leg Swings:

START on all fours, and extend one foot out to the side. Keeping your position solid, lift the extended leg up into the air in a straight line. When parallel to the ground, pause for a moment then lower back down. Aim for the three sets of 10-15 reps with each leg.

Doutzen Kroes

PIC: WWW.ELITEPHOTOAGENCY.COM

Send Lisa your questions. E-mail people@caxton.co.za and write fitness in the subject line. www.lisaraleigh.co.za | lisa@lisaraleigh.co.za | Lisa Raleigh Fan Page – Facebook | @LisaRaleighSA – Twitter | LisaRaleighTV – YouTube

Body News

BY ANGELA BEKIARIS

GET the lowdown on this steamy yoga option.

HOTPOD YOGA In SA

PICS: VINCENT STARR

HOTPOD YOGA founder, Max Henderson, has brought it to South Africa due to popular demand. But what is it all about? Max explains...

HPY takes place in 37 degree heat.

Hotpod Yoga founder Max Henderson

Tell us a bit about Hotpod Yoga?

Hotpod Yoga was launched in January 2013 in London by me and my co-founder Nick. We've now got operations across the UK and Europe and have just launched our first South African locations this month in Johannesburg, Midrand and Pretoria. The concept has two distinguishing features:

Our Pods: We're the first (and only) people to have developed portable hot yoga studios. Our inflatable pods (for which we have international patents filed), are the perfect environment in which to practice hot yoga – a cocoon-like space that takes you a million miles from the world outside. It's fitted with perfect 37-degree heat, humidity, soothing lighting and great music.

Our Approach: We're all about accessibility. We've got a firm belief that yoga's for everyone – and have done a pretty good job getting a lot of people into yoga who'd have never done it before. We put many, many of years of yoga tradition into a few powerful and simple principles – delivering classes in an open, down-to-earth and relaxed manner. We run classes for the public in all our locations but also work with large corporates (running in-office programmes) and pro sports teams.

Is it similar to Bikram Yoga?

There are obvious similarities, but also some key differences. While both are based around the same fundamental premise – yoga in a heated environment – we do it for the fantastic health benefits, the impact it has on a person's yoga practice and also the added accessibility it brings (for stiff people or first-timers, it's a great way to ease the body into the practice). Unlike Bikram, our classes are housed in inflatable, heated studios – our very own inventions. It's an entirely unique experience based on innovation and some pretty exceptional engineering and design. It's a space designed for (and only for) yoga. Also, our classes are 37 degrees, where Bikram is 42 degrees.

Can anyone do it?

Yes! We work with all sorts: 16 to 65-year-olds, guys and girls, fitness phobes and gym nuts.

Many feel heated studios are not healthy; what's your take on this?

We've never seen any evidence of negative health impacts, that's for sure. Yes, you absolutely need to be sensible about it – replenish the body after the class, rehydrate and only do what your body says you can do. We're a bit cooler than other hot studios, so are a bit more gentle on the body. We also take a very non-boot-camp approach – no one is forced to do anything. If you want to or have to lie down for half the class, you're more than welcome to.

Can you give us five benefits of Hotpod Yoga?

- It's great for overall muscle condition (both flexibility and strength).
- It's genuine mental retreat from the stresses of everyday life.
- It's a good cardio workout (burning calories and aiding weight-loss)
- It's great for detoxing and clearing skin and pores.
- It's great for a personal challenge (to see yourself improve and grow into the practice gradually).

Share some safety tips for people trying Hotpod Yoga.

Hydrate pre- and post-class. Only do what your body's comfortable with – don't push yourself too hard. Yoga is a gradual process, not a race. Take it easy, relax and enjoy.

Are you afraid this could just be a new fitness trend?

Yoga's been around for a very long time, and is here to stay. All we're doing is delivering it to many in a truly accessible way – we're innovative and forward-thinking, but we're rooted on some pretty strong foundations. So, in short, no, we're not too scared of that.

Get A Free Class!

Everyone gets one free tester class, so log on to www.hotpodyoga.com and book yourself in!

Celeb HPY Addicts

Did you know **Lady Gaga** and **Andy Murray** are hooked on Hotpod Yoga?

Lady Gaga

Andy Murray

Get Fitness Ready

Moulded Bra: R399, By Adidas, Zando

Graphic Leggings: R649, By Puma, Zando

Water Bottle, 500ml: R49.99, Mr Price

STOCKIST: MR PRICE: 0800 212 535
ZANDO: 0861 92636

*PRODUCTS AND PRICES CHECKED AT TIME OF GOING TO PRINT ARE SUBJECT TO CHANGE

BY ANGELA BEKIARIS

PLAYING 'doctor doctor' doesn't mean you've got a clean bill of health! Make sure you follow these tips!

SOME MORE Doctor's Orders

PICS: GREATSTOCK / PEOPLE IMAGES

WE shared some great health tips as given by paediatrician **Dr Jim Sears** on TV show *The Doctors* last week. These tips, according to him, won't cost you a cent! We share four more for you this week:

* ***Don't forget to laugh:*** Studies show laughter relieves stress and increases the effectiveness of your immune system.
* ***Get steamed:*** Enjoy a free sauna in your shower by turning up the heat to a comfortable temperature and enjoying the steam it produces. Steam is known to relieve joint and muscle tension, as well as help your immune system.
* ***Stretch it out:*** Stretching your muscles improves circulation, increases flexibility and reduces your chances of getting injured.
* ***Go to bed early:*** Studies show people who are sleep-deprived can gain an average of over a kilogram in just 11 days. Most people require seven hours of sleep for a good night's rest.

Dr Jim Sears

9 Health Benefits Of Honey

1. Some studies have shown that it may help in the prevention of cancer and heart disease.
2. Honey has also been linked to the reduction of ulcers and other gastrointestinal disorders.
3. It's an anti-bacterial and anti-fungal substance.
4. There has been a correlation between the ingestion of honey and athletic performance.
5. It's great for easing throat irritation and coughs.
6. Some studies suggest honey can help with blood sugar regulation
7. Honey has been linked to the faster healing of wounds and burns
8. It's a probiotic.
9. Honey can help maintain healthy skin.

Did You Know?

* HONEY has been used in Ayurvedic medicine in India for at least 4 000 years and is considered to affect all three of the body's primitive material imbalances positively.
* IT is also said to be useful in improving eyesight, weight loss, helping with impotence and premature ejaculation, urinary tract disorders, bronchial asthma, diarrhoea, and nausea.
* HONEY is referred as 'Yogavahi' since it has a quality of penetrating the deepest tissues of the body. When honey is used with other herbal preparations, it enhances the medicinal qualities of those preparations as well as helping them reach the deeper tissues.

Calcium For Lactose & Vegans

IF you're lactose intolerant or a vegan it can be hard to get enough calcium. All4Women.co.za share some ways you can get what you need without the dairy.

1. Eat your beans and lentils – they are high in calcium and protein, making them excellent for vegans.
2. Opt for calcium-fortified food – soya milk, almond milk, rice milk, orange juice, cranberry juice, breakfast cereals and breakfast bars are available at several supermarkets and health shops.
3. Go for greens – spinach, broccoli, kale and other dark green leafy vegetables are high in calcium, providing about 100mg of calcium per serving.
4. Eat your oats – one cup of cooked oats provides about 150mg of calcium.
5. Yummy salmon (obviously not for vegans) – It's not only a great source of protein and omega-3 fatty acids, but it's also a great source of calcium.
6. Have your nuts – almonds, hazelnuts, Brazil nuts and walnuts are all high in calcium.

TIP
ONE HUNEDRED grams of Brazil nuts contains 160mg of calcium.

Simple Choices For Lasting Weight Loss

ALL4WOMEN.CO.ZA shared some fabulous tips:

1. Choose to start every day well – how you start the day has a serious impact on how you will finish it. It affects your energy levels, mood, stress levels and sense of wellbeing.
2. Choose to say 'No thanks' – if you didn't plan to eat it, DON'T.
3. Choose to take a break – stand up and stretch out your body.
4. Don't let yourself succumb to the evening temptations – eat a fruit for dessert and relax by doing something to keep your mind busy.
5. Choose to do it all again tomorrow – successful weight loss comes from making good choices over and over again.

TIP
CUT down on soft drinks – they raise the phosphate level in your blood, thus preventing calcium absorption; and get some sun: sunlight boosts your vitamin D levels and will help your body absorb calcium.

Courtesy of www.care2.com, www.thedoctorstv.com and www.all4women.co.za

Mind News

BY ANGELA BEKIARIS

ALWAYS be sure to train your brain.

MENTAL & SOCIAL Benefits Of Jogging

Gwen Stefani enjoys a morning jog

JOGGING isn't just about the kilos lost and muscle toned. Euphoria, friendship, happiness and increased confidence from an improved body image are also benefits. And experts say you could notice the improvements almost immediately. Join a running group, jog with a friend or with the company of your favourite tunes on your iPod.

Did You Know?

JOGGING fights depression, stress and insomnia while sharpening mental acuity, and improving overall muscle tone and appearance.

Did You Know?

BALLROOM dancing, an activity with both physical and mental demands, has had a higher impact on cognitive functioning over exercise or mental tasks alone, indicating that the best brain health workouts involve those that integrate different parts of the brain such as co-ordination, rhythm, and strategy.

De-stress Like A Celeb

Sandra Bullock

Eva Longoria

Jennifer Aniston

Sharon Osbourne

Kate Winslet

Madonna

- **Sandra Bullock:** When times get tough, the tough get going – and for **Sandra Bullock** that means escaping to her sanctuary nestled in the plains of Texas. "On my ranch I can watch the grass grow, see friends and revel in just doing nothing," says the actress.
- **Eva Longoria:** The actress, cookbook author and co-founder of the Hollywood restaurant, Beso, finds peace in the kitchen. "Some people find entertaining stressful, but it is therapeutic for me," she's said. "I find it relaxing."
- **Gwen Stefani:** The Grammy-winner enjoys meditating to relax. "Meditation is my thing. But I'm not going to lie: Sometimes I go into my closet and lock the door so no one can find me."
- **Jennifer Aniston:** Friends attribute this A-lister's cheery disposition (and newfound sense of calm) to her fiancé, fellow actor **Justin Theroux**.
- **Demi Moore:** "I like being physical and being out and about," says the star. "I spend a lot of time going to the park or the beach."
- **Halle Berry:** "I find cleaning very cathartic. If my house is in a mess, my brain is in a mess," the Oscar-winner has revealed. "Whenever I'm having a bad day or have a big decision to make, I'll clean my home, and that helps me work through any problem."
- **Sharon Osbourne:** *The Talk* co-host admits that she indulges in dark chocolate when feeling stressed.
- **Kate Winslet:** "I've been taking it religiously; It's brilliant," the Oscar-winner has said of Mexican yam, the root vegetable which is said to reduce stress and balance hormones.
- **Kathy Griffin:** The comedian apparently tunes into the very same medium that catapulted her to fame – television.
- **Madonna:** The material girl is such a devoted practitioner of yoga that after a delayed flight once caused her to feel anxious, she got up and started doing it in the aisle.

Colour In To Reduce Stress

IF you thought colouring books were for children, think again. Sources say colouring books for adults actually reduce stress. According to All4Women.co.za, the latest example, *Color Therapy: An Anti-Stress Coloring Book*, is just one of the many used to pass one's time, clear thoughts and de-stress. Colouring books for grown-ups began taking off in France a few years ago and have grown increasingly popular there.

Color Therapy: An Anti-Stress Coloring Book is available from Amazon.com

Courtesy of www.brainhq.com, www.examinedexistence.com, www.all4women.co.za and www.more.com

PICS: PEOPLE IMAGES / GREATSTOCK

Dear Doc

Dr Karen Koch, a general practitioner, answers your health questions.

DEAR DOC,
I HAD a nose job when I was 18 as I had an enormous and embarrassing nose. But now my husband and I are considering having a baby – do I need to discuss the nose situation with him? I'm really worried about having a child with my nose. It made my whole childhood unpleasant.
Who Nose

DEAR WHO NOSE,
YOU do need to talk about your nose. It's the elephant in the room. If your husband doesn't know that you've had plastic surgery (and surely your teen photos are a giveaway) then you need to tell him. Parents are always worried about having perfect children. And it is understandable that you don't want your child to get teased like you were. However, we can't control what features our children inherit – both the 'good' and the 'bad'. Considering all the other terrible diseases and conditions which affect children, an unfortunate nose is probably a minor issue in the grander scheme of things. You could go the route of getting a donor egg, but do you really want to take that gamble?
No person is perfect. Your husband probably has some flaws he also hopes your unborn child doesn't develop.
Have the discussion and then consider having a baby one step at a time. There is no point in worrying about something that you simply don't have control over. You need to accept that your child may be born with your nose – but also your smile, laugh, intellect and hair.
In most cases, the good really does outweigh the bad.

DEAR DOC
I TEND to forget stuff quite easily. Shopping lists, people's names and where I parked my car. Does this mean I've got Alzheimer's?
Scatterbrained

DEAR SCATTERBRAINED
MEMORY loss affects everyone to some degree. As you get older you're liable to have a few 'senior' moments along the way. But these lapses should never cripple you from leading a full and productive life. For example, you may forget a person's name, but recall it later in the day. You might misplace your car occasionally.
If you're finding yourself being particularly forgetful, run through a quick check-list. Stress, sleep deprivation, sedating medications, depression, alcohol and other drugs – or just shear work volume – can all lead to temporary memory lapses. Memory loss could be a sign you need to slow down. If memory loss persists, make sure you do get it checked by your doctor.

DEAR DOC,
I FIND it really awkward discussing sex with my girlfriend. I don't feel like I should ruin the mood by chatting when we're having sex. I also feel really uncomfortable bringing up the topic at any other time. So how do other people manage it?
Let's Talk About Sex

DEAR LET'S TALK ABOUT SEX,
YOU'RE not alone. Despite how the media may portray it, many people find it very awkward to talk about sex.
We find it difficult to discuss sex for many reasons. Most people feel very vulnerable when opening up to someone about their sexual preferences. Revealing your sexual wants and desires to your partner can be scary, especially when your partner's reaction is not positive, which can make you feel ashamed or humiliated.
You may also be overly concerned about your girlfriend's feelings. But if you can't talk about sex, how are you meant to improve on enjoying each other's company?
We are led to believe that sex is something that comes naturally and we should be instinctively good at it, which just isn't true. How are we supposed to know how to have sex? In reality the key to becoming a good lover is to have good communication with your partner. Talking about sex is the only way to have better sex.
You could start by opening up communication in small ways. For example, telling your girlfriend what you do like that she does already do. This also helps to reassure her that you're attracted to her. The next step in opening up a dialogue is to find out if there's anything you could do to improve your lovemaking.
Accept that it's going to be awkward at first. She is probably as 'in the dark' as you are when it comes to finding ways to talk about sex. Talking about sex while you're having sex is actually a good place to start.
It will get easier with time. You both share a common goal – you both want to satisfy each other in bed. Learning about preferences, boundaries and idiosyncrasies is part of a journey of discovery of both yourself and your partner. It's called intimacy.

DEAR DOC,
MY boss is just a little too friendly. I can handle an occasional flirtatious comment, but I can't avoid his less subtle attempts to ask me out for much longer. Any advice?
Flirting With Disaster

DEAR FLIRTING WITH DISASTER,
YOU are in an awkward predicament. Clearly it's important to get along with your boss, but unwanted attention is difficult to deflect.
Start by trying to tone down the conversation. You may be giving mixed messages by sharing personal information (or allowing him to over-share with you). Keep conversations polite but professional. If necessary, act a little bit dumb when he tries to make a flirtatious remark. Alluding to a boyfriend (real or imaginary) may be required to save yourself from further office embarrassment. It sounds tacky, but dressing down a bit can sometimes help dissuade unwanted attention. It's certainly not your fault that your boss is being inappropriate, but now that he is, it's worth trying all possible non-confrontational avenues.
You may be cornered. Get yourself ready with some stock standard brush-off lines. For example, 'I just don't date in the industry,' or 'I've met someone special.' As impossible as it may sound, try to avoid humiliating your boss in public. In general that's when things get truly ugly. If it continues despite your best attempts you are left with only two real options: To either remove yourself from the situation or file a formal complaint. Don't be afraid to lay a complaint if you think you're being sidelined or discriminated against due to your rebuffs.

E-mail any questions to **people@caxton.co.za** and write **Dear Doc** in the subject line

Teen people

BY VANESSA PAPAS

EACH week get the lowdown on everything from selfies, social media and skating to surfing, snogging and smoking.

NOT everyone has picture perfect, flawless skin. Even some of the most beautiful celebs battled acne as teens and some are still waging war against pimples and blackheads as adults.

GET Skin Savvy

Alicia Keys

Rihanna

PICS: WWW.ELITEPHOTOAGENCY.COM / AAI FOTOSTOCK / GREAT STOCK

WHEN singer Katy Perry was a teen she'd sometimes refuse to leave the house because of acne. Alicia Keys is known for constantly struggling with problem skin. Adam Levine, who was voted the sexiest man alive, also battled the big 'A' when he was a kid. Then of course, there is the stunning **Cameron Diaz** who has also struggled with acne since her teen years and well into her adult years. **Cameron** has tried many different options from oral medications to topical cream and layers and layers of make-up but she still gets breakouts. Add **Rihanna, Jessica Simpson, Victoria Beckham and Kiera Knightly** to the mix and you'll soon realise that acne hasn't just picked on you! It also targets the rich and famous, the young and old. The good news is that, for most people, acne goes away almost completely by the time you're out your teens. ALMOST all teens get acne at some point or another, mostly caused by hormonal changes that come with puberty. It happens when an oily substance called sebum clogs pores. Pimples usually pop up on the face, neck, back, chest, and shoulders. Acne isn't a serious health risk, but severe acne can cause permanent scars (which some teens refer to as 'acne craters'). Acne can also affect your self-esteem causing you to feel ashamed and embarrassed.

OMEGA-3s have been shown to control the production of leukotriene B4, a molecule that can increase sebum and cause inflammatory acne. Omega-3s can be found in supplements or in foods like walnuts, avocados, flaxseed oil, and salmon.

Cameron Diaz

DERMATOLOGISTS (doctors who specialise in skin problems) often treat acne, particularly in severe cases. Family or general practitioners can treat milder forms of acne. Prescription oral drug treatments are sometimes recommended for teens with moderate to severe acne, and prescribed in addition to topical medication. Oral antibiotics are thought to help control acne by curbing the growth of bacteria, thereby decreasing inflammation. They are usually taken daily for four to six months and then tapered and discontinued as acne improves.

Katy Perry

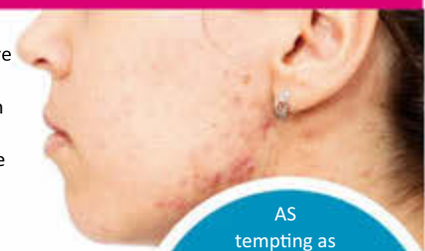
Adam Levine

THERE are four main types of skin woes that affect teens. Whiteheads, which are white dots that are pores impacted with oil and skin covered by skin layers; blackheads, which are black bumps that are impacted pores, in which material pushes out through the follicles (contrary to what many believe the black colour is not from dirt but rather from bacteria, dead skin cells, and matter that react with oxygen); papules, pustules or nodules, which are more serious lesions appearing red and swollen due to inflammation or infection of the tissue around the clogged follicles, which are often painful and feel hard and last but not least, cysts, which are deep, pus-filled pimples.

WHEN it comes to acne aggravators, surprisingly hair products are a major culprit. Hair spray, conditioner, shampoo and gel can clog pores causing something called 'Pomade acne' so it's important to keep these products away from your face when caring for your locks or choose hair products that are oil-free. Who would have thought cellphones could be to blame for acne? Several studies have shown that cellphones are hotbeds for germs. Throughout any given day your phone can be exposed to thousands of bacteria, which spread from your fingers (via texting) to your face (via talking) and vice versa. In addition, the heat produced by your phone can help bacteria to multiply. To keep the germs from landing on your face, wipe the surface of your phone with a little hand sanitiser each day or use headphones instead.

WHILE acne is a part of life, there are a few things you can do to prevent the oil build-up that can contribute to acne. The most effective way of controlling acne is washing your face once or twice a day with a mild soap or acne cleanser and warm water. Don't scrub your face hard with a washcloth – acne can't be scrubbed away, and scrubbing may actually make it worse by irritating the skin and pores. Try cleansing your face as gently as you can. If you wear make-up or sunscreen, make sure it's labelled 'non-comedogenic' or 'non-acnegenic. This means it won't clog your pores and contribute to acne. And when you're washing your face, be sure you take the time to remove all of your makeup so it doesn't clog your pores.

TREATMENTS may include non-prescription topical treatments ('topical' means that you put these products on your skin). Many over-the-counter lotions and creams containing salicylic acid, sulphur, or benzoyl peroxide are available to help prevent acne and clear it up at the same time. They are available in many forms including gels, lotions, creams, soaps, and pads. You can experiment with these to see which helps. Be sure to follow the instructions exactly and don't use more than you're supposed to at one time (your skin may get too dried out and feel and look worse) and follow any label directions about allergy testing. Remember that it may take four to eight weeks for skin to improve.



AS tempting as it is, never squeeze, pop or pick blemishes. Popping pimples can drive acne bacteria deeper into the skin. Picking can lead to more inflammation and permanent scarring.

CONTRARY to an old wives' tale, acne isn't helped by the sun. While a golden glow may temporarily 'mask' blemishes the sun doesn't actually help clear skin. In fact, the sun's harsh rays can do far worse permanent damage to your skin than acne ever will. The verdict is also still out as to whether your diet affects acne. Some say too many chocs and French fries cause pimples. While some foods do cause your blood sugar to rise quickly, triggering a boost in insulin, which can trigger changes in your body that can lead to the growth of pore-clogging cells, experts are still divided as to the exact extent diet plays in skin woes. Some people do find that they notice their breakouts get more severe when they eat too much of a certain food. If you're one of them, it's worth trying to cut back on that food to see what happens. What experts all do agree on though, is that water helps flush out toxins from the body, hydrates your skin from the inside out and boosts blood flow.

* This article was compiled with the help of www.kidshealth.org and www.healthychildren.org

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EVERY week we bring you stories of ordinary people who've overcome extraordinary circumstances and offer you the chance to pay it forward.

Helping Baby Caylem

people Has Heart

BY VANESSA PAPAS

THE little boy was born with his intestines on the outside of his body.

Baby Caylem is doing well

Just after birth with intestines still outside his stomach

Alan with son Caylem – Alan and wife Mienkie have to travel between Klerksdorp and Joburg daily to visit their baby son

PAY IT FORWARD

AT this stage Caylem is drinking Pre-Nan – a special baby formula specifically designed for feeding infants of low birth weight (premature and small for date infants). The formula is being supplied free of charge by the hospital, however, once discharged the family will need to pay for the formula themselves, which costs R85 for 400g. While they do not need money for medical care for Caylem, they do require donations for petrol as driving between Joburg and Klerksdorp every day is financially straining, temporary accommodation, and food if possible. If you are able to assist the family, please email Lettie at rolets50@gmail.com. For regular updates on Caylem's progress, a Facebook page has been created – 'Caylem Robêrt Support Group' – readers are welcome to join.

EVERY day that passes, Caylem Robêrt is one step closer to going home. His parents, mom Mienkie, 22, and dad Alan, 35, say it's a miracle their son survived after he was born with a birth defect called gastroschisis. The condition affects the abdominal (belly) wall, causing the intestines to protrude outside of the body.

It's been an exhausting month for the couple from Flimieda in Klerksdorp. Every stage in their son's recovery has been incredibly stressful. While the surgery to repair Caylem's abdomen was successful, he developed various infections, including meningitis, and, although now stable, he is still in the Neonatal ICU.

Mienkie and Alan were overjoyed when they heard they were expecting a baby. The news came as a huge surprise as doctors had predicted Mienkie would never be able to have children of her own. From the first trimester her pregnancy was termed 'high risk' but she managed to carry her baby to 35 weeks before going into labour. But two days later, baby Caylem had still not arrived and so doctors had to go the route of induction.

Caylem was born in the Klerksdorp Hospital at 15h40 on March 10, 2015, weighting 2.7kg, but his parents' elation over the arrival of their first child quickly turned to panic and fear when the little boy didn't cry. "He was lying completely still and there was a mass on his stomach," says Caylem's granny, Lettie. "The sister in charge started rubbing him and only then did he start to cry. She wrapped him up in a wet, sterile blanket and taped it closed before rushing him to the neonatal ICU to put him on a ventilator."

Doctors explained that Caylem's intestines were protruding outside his body through a hole beside his belly button. The life-threatening defect occurs early during pregnancy, when the muscles that make up the baby's abdominal wall do not form correctly. This results in the formation of a hole, usually to the right side of belly button, which allows the intestines (and in some cases other organs) to extend outside of the body. Because the organs are not covered in a protective sac and are exposed to the amniotic fluid, the bowel can become irritated, causing it to shorten, twist, or swell. While the defect can sometimes be seen on screening tests that check for birth defects and other conditions, the Robêrt family did not have medical aid and so could not afford to pay for a 3D scan.

The family were told that Caylem urgently needed surgery to place his intestines back inside his body and repair the abdominal wall. If it was found that the gastroschisis defect was small (with only a small part of his intestines extending outside of the belly), they'd be able to put the organ back relatively quickly and close the opening. If, however, the gastroschisis defect was found to be large, the repair will have to be done in stages. The exposed organ would be covered with a special material and slowly moved back into the belly. After the organ had been completely inserted, the opening would be closed. The Robêrts were warned that babies with gastroschisis often need other treatments as well, including receiving nutrients through an IV line, antibiotics to prevent infection, and careful attention to control their body temperature.

Even if surgery was successful, Caylem would likely have problems with feeding, digestion of food, and absorption of nutrients, and would need very special care after the operation. The hospital arranged for an ambulance to transport the baby to Chris Hani Baragwanath Hospital – one of the largest government-run hospitals in the world. When the ambulance arrived, there were eight specialists waiting for Caylem and they started working on him immediately.

Caylem's intestines were placed in a plastic pouch (called a silo) on his stomach, and pressure was applied every day to reinsert the organ. Eleven days later, they were able to repair the hole. But while the operation was a success, not long after Caylem developed a sudden high fever, and was diagnosed with acute bacterial meningitis, which usually occurs when bacteria enters the bloodstream and migrate to the brain and spinal cord. Around the same time he also developed pneumonia, and was put on a strong antibiotic and closely monitored.

"We were told meningitis can cause blindness, deafness or brain damage," says Lettie. "We prayed and prayed. It was the most traumatic time of our lives. We almost lost Caylem but by the grace of God he pulled through and tests revealed that he had not suffered any complications as a result of the infection. Caylem is now in a stable condition and his health is improving every day. Doctors say they are happy with his progress. He is still in the ICU but is no longer on a ventilator (although he still has a drip in his head). He is also suckling and is on 50ml of milk every three hours. We were told he would likely be discharged in the next two months."

Have a story for People Has Heart? Email vancom@telkomsa.net

WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK

IT'S not the best time for the **Kardashian** matriarch, who has found herself attacked from two sides: not only has her ex-husband **Bruce** come out accusing her of forcing him to repress who he truly is, but her son **Rob** has filed a suit against her for R550-million!

BY EL BROIDE

Bruce Attacks Kris:

"You Made Me Live A Lie"

POOR Bruce! As he prepares to share the news of his transition with Diane Sawyer, it seems he just can't shake off the fact that his ex-wife Kris made him live a lie all those years they were married – despite the fact that he was open and honest with her about his feminine feelings from the beginning. And now, he resents her more than ever!

By all accounts, **Kris Jenner** humiliated **Bruce** throughout their 25-year marriage, and wouldn't even let him tell his own children what he was really going through. The news comes as a complete shock to us and we don't understand why **Kris** wasn't more of a supportive wife if she decided to stay married to him despite his plans to transition into a woman.

Speaking of his transition, a source close to **Bruce** revealed, "**Bruce** has known since the age of five that he had a dominant feminine side. He is nervous to hear what the world thinks of his plans but he is so excited to be free of this lie **Kris** forced him to live for over 25 years."

A source claims that all of his children are understanding and excited to see him happy...all except for one, that is – **Rob Kardashian**. **Rob** is totally against what his (step)dad is doing, and it's because of **Kris**. "All of **Kris**' children are travelling the world, building their empire – [except] for **Rob**, who is suffering from depression at home. He is the only one **Kris** can talk to and she has brainwashed him into taking her side. It's made **Rob**'s depression worse!"

Bruce, however, is going ahead with his plans despite what **Kris** or anyone else thinks, with another source revealing that he will officially be known as 'Belinda' from now on, and that after the surgery he 'will consider himself a lesbian'.

The source also reveals what kind of women **Bruce** is looking for. "**Bruce** is attracted to curvy women with dark, smouldering looks."

Hmmmm... No wonder he stuck by **Kris** all these years. We wish **Bruce** – or should we say Belinda? – nothing but happiness as he follows through with his plans to become a woman and we hope that he finds his peace – soon.

BY EL BROIDE

NSIDE KRIS' Worst Week!

Rob Sues Kris For R550-million!

IT hasn't been an easy few months for Rob Kardashian. He's still struggling with his weight and a reported drug abuse problem, and has been in hiding for the most part of last year. And with hardly any friends, Rob has been confiding in his mother Kris, who has been using these therapy sessions as content for *Keeping Up With The Kardashians*. But that's all coming to an end. Rob is angry, and now he's suing his momager for over R550-million!

On a recent episode of the smash hit reality show, cameras followed **Scott Disick** and **Khloé Kardashian** as they rifled through **Rob**'s drawers, teasing him about his condom stash and eating habits. Later in the episode, **Kris** organised with **Kim** and **Kourtney** for a meeting with a psychologist, in which they recounted **Rob**'s downfall. **Kim** called him the 'king of excuses' while **Kourtney** revealed that she can't understand what went wrong because he 'had it so easy'. And **Rob** is so sick of his family cashing in on his life that he has threatened executive producer, **Kris**, with legal action.

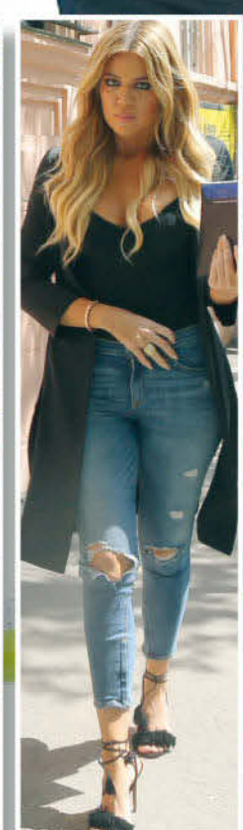
"Even after he refused to appear on the show – and been cut out of his family's $100-million (over R1-million) extension deal – his life is used as the story line," a source close to **Rob** says. "He wants to find an ironclad way to stop them from even mentioning his name on the show, let alone discussing his mental health."

While we get that **Kris** and the family may be trying their best to help **Rob**, it is true that the recent episode has drawn even more attention to **Rob** – something he has said time and time again that he wants to avoid.

"He's shocked at his family's concerns," a friend of **Rob** says. "If they were genuinely worried about him, he thinks that they would realise that talking about him on TV is only making things worse and pushing him away." Things are so bad that he has even walked out on the only person he believed would always look out for him: **Khloé**. **Rob** moved in with **Khloé** and she was a huge support system for him, but he now believes that she is just as bad as everyone else. "He knows she's snooping on him and talking about him behind his back," the friend adds. "It's not like she asks the crew to shut the cameras off. Now he's questioning her allegiance."

Rob believes that the only way he can get better is by cutting ties with his mom and sisters before he can truly focus on getting better. "He's aware that they expect him to walk back through the door when money runs out, without actually realising that they are the cause of the problems," the source says. So his solution? Sue them R550-million, based on the fa that they use h as content for the show.

"It'll be an uphill battle, but **Rob** believes that he is entitled to the money since his struggles have featured prominently on the show," reveals the source. Hopefully the man can finally find peace soon so he can really start working on himself. He deserves it.



Scha

alk Burger

Our Hero

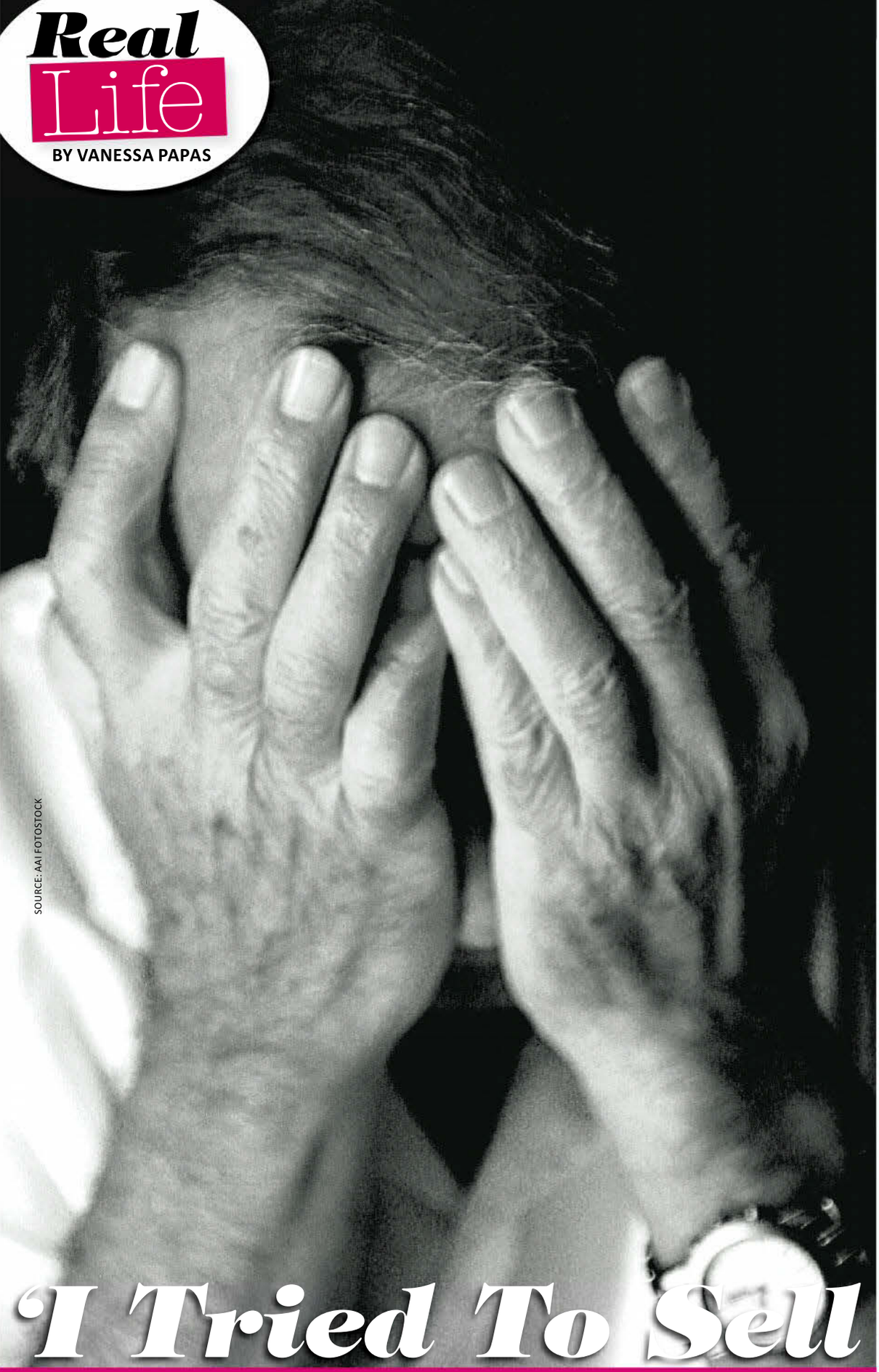
SCHALK BURGER recently won the Laureus World Comeback Of The Year Award at the ceremony in Shanghai, and we think there's no one else who came even close to the already legendary Stormers and Springbok flank. Were he any ordinary sportsman **Schalk** might have been tempted to quit rugby when he contracted life-threatening bacterial meningitis. The illness devastated his body and saw him drop weight dramatically, going from 120kg to just 90kg. He left rugby entirely for months and, by his own admission, wasn't certain he would even live, let alone return to the field. "On about the third day in hospital my wife phoned my family and closest friends and told them to come and say goodbye because I was on my way out. I was conscious of it. But I was literally just fighting from heartbeat to heartbeat. And every heartbeat felt like a knife stabbing in my brain. At times I felt like just stopping, but I could literally feel myself then slipping and would have to fight again," he said. Just two years later, however, and he's been given an international award recognising not only his return, but his outstanding quality of play while doing so. He was a key member of the squad to play Australia and New Zealand in the Rugby Championship, and was later named Man Of The Match in the November victory over England at Twickenham, in which he scored the decisive third try. "All he needs now to complete this remarkable comeback is to have a wonderful World Cup later this year," said Laureus World Sports Academy member and All Blacks rugby legend **Sean Fitzpatrick**.

GREATSTOCK

people

Real Life

BY VANESSA PAPAS



SOURCE: AAI FOTOSTOCK

'I Tried To Sell My Kidney'

WHEN a father of two fell on hard times he decided to sell his kidney...but landed up being the victim of a syndicated scam.

HAVING reached the end of his tether, an unemployed husband and father of two grown children had all but given up the will to live. In financial ruin, he could barely put food on the table, let alone provide his family with the life they deserved. The 58-year-old resident of Margate, KwaZulu-Natal had lost his job over three years ago and had battled to make ends meet since – deciding to sell one of his kidneys on the black market was a decision, he says, made out of sheer desperation.

In 2014, the inability to find employment drove Peter to begin exploring the option of selling his organ to the highest bidder.

"I remember clearly the day I hit breaking point," says Peter, who asked for his surname not to be made public. "It was 02h00 and I couldn't sleep. I was worried sick about the state of my life and my future. Despite having years of experience, I just couldn't get employed. I had sent out countless applications for positions advertised across the country, but had heard nothing back. So I got up, walked to the bathroom cabinet, and took out a box of sleeping pills. I thought it would be so easy – just take them and go to sleep forever; say goodbye to all my troubles – but when I glanced back towards where my wife was sleeping I realised I couldn't leave her behind."

While searching once again for jobs on his computer, Peter came across an article dealing with the shortage of kidney donors and the black market. He typed in 'KIDNEY FOR SALE' in the search line and waited. Various sites popped up, and he started to explore his options.

"One post by UBTH Specialist Hospital came up offering to buy kidneys and claiming to transplant in various parts of the world such as India, Nigeria, and the USA. I had never thought of selling my kidney, but it seemed to be the only way out, so I copied the address and contacted the doctor on the site – a 'Dr Calvin Cien' – asking what was needed from my side in order to get the transaction going. The reply came back that they would pay around R3.5-million for my kidney and all expenses would be carried by them, which included airfare, hospitalisation and aftercare. It was a lot of money. I could live without the worry of where the rent was coming from, and my job search would be over as well."

Little did Peter know that the entire operation was a scam. In just a few months he sent a total of 328 e-mails and received 267 e-mails back, all designed to keep him on the hook.

"'Dr Cein' advised that in order for this process to take place, I had to register with the Nigeria Kidney Foundation.

He also advised that half the funds would be paid up front, with the balance being paid once the operation had taken place. The cost of registration was about R3 500, which was peanuts compared to the end result, and I was so desperate, the money was scraped together and paid. Red flags should have flown from the start, but desperation makes a person do funny things. I was instructed to make the payment via Western Union, which meant, no tracking of the money or the person receiving it, so I took a blind leap of faith and made the payment. I was informed that the operation would take place in India, at one of the specialist hospitals, but they couldn't give me the name for security reasons. I would be away from home for three weeks, and the surgical team would accompany me on the flight. I would be advised when this would happen."

Two days later, Peter received an e-mail, directing him to a website that would allow him to transfer roughly R1.2-million into his own account. "Once you had successfully registered on its online portal, you had to click on 'Remittances'. I pushed send, and waited, with my heart in my mouth, but the next thing I was being asked for a COT code in order for the transfer to be completed. I contacted the good Dr Calvin Cein, regarding the COT code and was advised by the doctor that I needed to pay a further R2 400 to receive the code. That's when I decided to do a search on what a 'COT' code was."

An article came up explaining how a COT was used in Nigerian scams, giving them access to your banking account.

"I finally realised I'd been scammed but by then it had become an obsession with me. I needed to sell my kidney. I knew it was the only way out of my situation – there were no job prospects, regardless of the number of applications that have been sent out, regardless of how often I had prayed and asked for help," he says.

Peter started searching other 'buy or sell kidney' sites and even put a post on Facebook that read: "I am A+, live in South Africa, have a current passport and very serious about selling my kidney. I am fit and healthy, and anyone out there who is looking for a living donor, and prepared to pay, contact me and we can take it from there. You would need to cover all costs involved, which would be airfare, hospital, visa, kidney and medical insurance. Note I will not travel to Iran or Nigeria for the surgery."

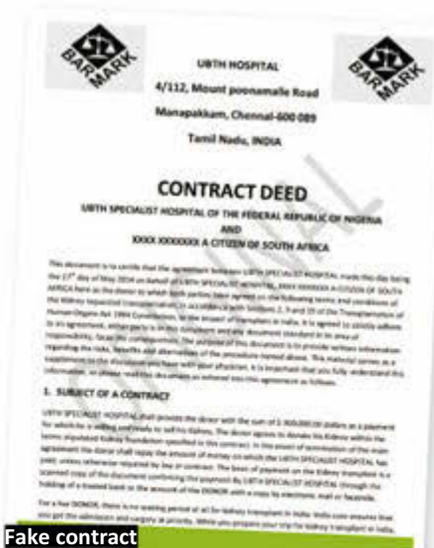
The post, says Peter, had the desired result and he was contacted by countless people. "The e-mails flew thick and fast. Offers poured in for my kidney. People promised me the Earth in exchange for my organ. When push came to shove, however, all these 'applicants' wanted me to pay a registration fee, which of course made me realise I was in line to be scammed once again."

Peter eventually made contact with a doctor claiming to be from India. 'Dr Daria Hazuda' seemed to be 'the real deal'. He worked at Daria Hazuda Hospital in New Delhi, collaborated with the National Kidney Foundation of India and offered Peter R1.6-million for his organ. "With this deal seemingly a certainty, things were looking up and it seemed as if finally everything was going to fall into place. I was sleeping far better, and sticking to a strict diet. No beer, lots of water to flush the kidneys, and I was ready to leave at the drop of a hat... Then another bombshell was dropped, and this time it was supposedly directly from the India State Bank."

Peter received a mail saying the money was going to be transferred, but only once he had paid an international bank transfer activation fee of about R2 300. Peter deposited the last few hundred remaining in his account. "I received a certificate from them, listing me as a donor, as well as a copy of the deposit slip for over R700 000, deposited in my name at the India State Bank. I was thrilled but as time moved on I heard nothing from the bank. Then I got an e-mail and it felt like someone had dropped a bomb on me. It stated that due to the huge amount of money to be transferred abroad, the Central Bank of India demanded a sum of roughly R5 400, to be paid by to the Central Bank of India's treasury. Without this, no money would be released and no activation code would be issued to the account of the benefactor abroad. Peter realised he'd been scammed once again.

"In South Africa, about 1 000 people await kidney transplants each year but over the past three years only a quarter of these lifesaving operations have been performed in the private and public healthcare sectors," says Peter. "All it takes is a quick Internet search with the words 'sell kidney South Africa', and hundreds of websites appear with desperate, out of work, poor South Africans willing to sell their body parts for a fee. Then all that is needed is a willing doctor. And, according to recent research, doctors in the private sector can get away with the procedure easily because South Africa currently has no national register in which every transplant is recorded. Even though there is such a huge need for kidney donors, through my experience, I have finally realised that there is no such thing as 'easy money'... Except, of course, if you're a con artist. My advice to others in the same boat as me, wanting to sell their organ online for money: If it sounds too good to be true, it probably is."

> "I finally realised I'd been scammed but by then it had become an obsession with me. I needed to sell my kidney. I knew it was the only way out of my situation myself."


BARMARK

UBTH HOSPITAL

4/112, Mount poonamalle Road

Manapakkam, Chennai-600 089

Tamil Nadu, INDIA

CONTRACT DEED

UBTH SPECIALIST HOSPITAL OF THE FEDERAL REPUBLIC OF NIGERIA

AND

XXXX XXXXXXX A CITIZEN OF SOUTH AFRICA

1. SUBJECT OF A CONTRACT

Fake contract

ACCORDING to the World Health Organisation the illegal trade in kidneys has risen to such a level that an estimated 10 000 black market operations involving purchased human organs now take place annually – more than one an hour. They propose that the trade should be legalised, allowing donors to sell their organs to those who need them, and in turn curb the ever-increasing trafficking on the black market, not to mention high level of scamming.

Verdict

BY WALTON GOLIGHTLY

A RUTHLESS WOMAN

THE officers found a will leaving everything to the victim's son, Arthur.

IT was November 11, 1926, and Maude Collins, Ohio's first female sheriff, was faced with a grim murder. She had been called to the farm of William and Sarah Stout (both in their 60s) in Vinton County after a neighbour had noticed the front door of their farmhouse was standing open.

Sarah's body lay in front of the living room stove. Her face, neck and portions of her body were charred beyond recognition. But one arm, which lay extended on the floor in front of her, wasn't burnt, suggesting that she had not tried to extinguish the flames with her hands. All her hair had been incinerated, except where her head came in contact with the floor. An autopsy later showed that cause of death was strangulation – the body had then been drenched in kerosene and set alight.

Sarah was last seen alive two days before, in the town of McArthur, when she had sworn out a warrant against Arthur Stout, her stepson. It was an adultery charge citing his illicit relationship with Inez Palmer, who had been living with him for three years on his farm about six kilometres from his father's property.

Before going to the police, Sarah had told a friend she was afraid Arthur would kill her for what she was about to do. Why then did she swear out the warrant? Despite their age, the couple were newly married, and some say Sarah felt Arthur's 'situation' would tarnish their own reputation. Others suggest Sarah was a gold-digger, looking to eliminate any competition for William's money.

Whatever the reason, Arthur was arrested – and almost immediately bailed out by his father. However, on hearing of Sarah's murder, William called for his son be taken into custody. This was done and in early February 1927; a Grand Jury indicted Arthur for first degree murder.

At about the same time Sheriff Maude, as she was called by locals, heard rumours that William Stout had gone missing. She and her deputy, Ray Cox, visited the farm. Clearly, William had not shared his late wife's animosity toward Inez Palmer, because she was staying there, along with Arthur's sons, Artie and William.

The last time she had seen William, he was mending fences on the farm, Palmer told Sheriff Maude. She said she'd later heard he had headed 'out west'. Shaking their heads at this strange story Sheriff Maude and Deputy Cox set about following the fence William had been fixing.

They saw work had indeed been done. They also spotted footprints. Cox returned to the farmhouse to fetch a pair of William's shoes. They matched the indentations, but Sheriff Maude noticed the footprints were not as deep in the soil as those of Deputy Cox, a man of about the same stature as Stout.

The sheriff dropped the shoes to the ground and slipped them on. She walked up and down beside the original set of footprints. Her own fresh footprints were about the same depth.

A search of the farmhouse revealed all of William Stout's belongings were there. He hadn't packed the kind of things one would when taking a trip. The officers also found a will leaving everything to Arthur.

Arthur's sons Artie and William innocently provided the clue that broke the case. They informed the two law officers that Inez had told them the water behind the Stout house was not fit for consumption and they'd best just stay clear of the well.

Sure enough, they found William Stout's body in the well behind the house. Sheriff Maude and Deputy Cox promptly arrested Inez Palmer, who confessed straight away, saying she had killed William because he made advances toward her. She admitted to trying to cover up the crime by putting on a pair of William's shoes and making footprints near the repaired fences. And, yes, she had forged the will.

When Arthur Stout learnt of Palmer's confession, he declared that she had killed Sarah, and then told him to burn the body.

Arthur Stout was found guilty of second degree murder and Inez Palmer with first degree murder in April, 1927. They both were sentenced to life terms.

The Honey

Witney has spent thousands on daughter Romany Rose and dresses her up like a doll

Witney bought Romany Rose a R53 000 Rolex watch

HONEY BOO BOO? *So* last year. With a R53 000 Rolex, a pageant crown by the age of three weeks, and hundreds of designer dresses, there's a new mini diva in town and she's called Romany Rose... mom Witney Rowland, 20, shares her story.

"Perfectly wrapped in matching pink and purple wrapping paper with bows and ribbons, my baby girl will have hundreds of presents waiting for her on her first birthday this June.

I started buying her birthday presents months ago. A new R21 000 pram, a few new designer dresses... She already had five prams but I wanted one more. She already has plenty of designer dresses too, but that doesn't stop me. I've just discovered a new Spanish brand, Miss Rodriga, and I spent close to R18 000 on dresses and cardigans for the big day.

I haven't worked out how I'm going to wrap her main present though – a R53 000 castle bed with a slide coming down from the top bunk.

I bought her a R6 200 Range Rover for Christmas, but she's still too small for it so I'm buying her a R2 600 baby Porsche for her birthday. The Range Rover can wait. Meanwhile, the Porsche comes with a remote control so she can whizz about in the car while I make sure she doesn't bang into the walls.

She may be too little to know what's going on, but her birthday party will be themed like a fairground, with two jumping-castles, a bucking bronco, a blow-up candy shop, toffee apples and candy floss. There will be a real Cinderella and Sleeping Beauty – and Romany will be the centre of attention.

It might seem frivolous for a one-year-old and she won't even remember it, but all these pink and starry experiences are what she's all about. I was just as generous for her first Christmas, when she was only six months old. Not only did she get the baby Range Rover, but also a R7 000 cashmere cape, a R6 200 Young Vivace coat, over R17 000 worth of designer dresses, learning toys and mini-mouse games. She was too young to know how to unwrap the presents so I did it for her, while she watched, as fascinated by the pink ribbons her presents came wrapped in as she was the presents themselves.

I bought her a R53 000 Rolex watch, which was supposed to be a Christmas present but I couldn't stop myself giving it to her early. As soon as it arrived I just had to put it on her wrist. Romany Rose's first Christmas clocked up to around R89 000 and we're looking at a good R95 000 for

BY PHOENIX FEATURES

e New y Boo Boo

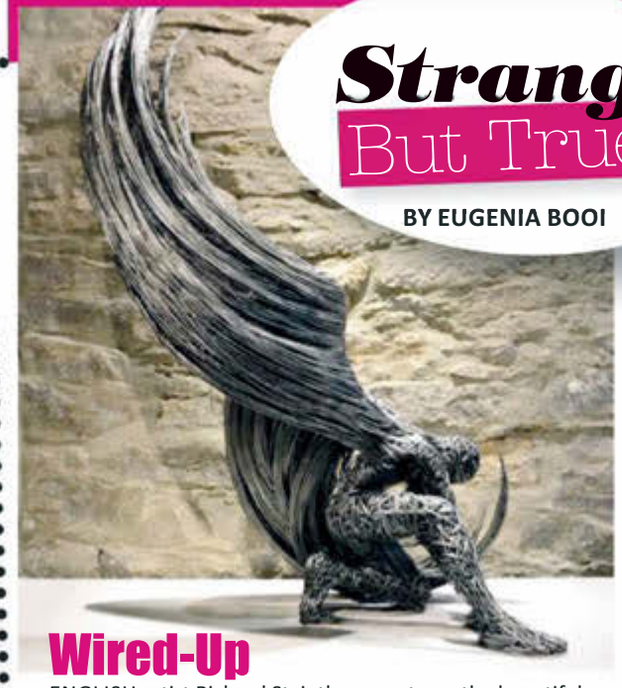
HONEY who? It's time for Romany Rose to rise...

her first birthday.
By now you'll be wondering how I can afford all this extravagance for my little girl. And even if I do have the money, I'm sure you think I'm wasting it on a baby who won't remember it when she's older. But I think you're wrong. We'll always have the photographs and even if she doesn't have specific memories of her first birthday, she's only one once; I think she deserves to have the most incredible party ever. She deserves to be lavished in more gifts than she knows what to do with.
A single mom, I live with my parents, Christine, 39, and Morris Rowland, 52, in Plymouth in the UK. My dad is a successful businessman who owns his own metal works company. A few years ago he bought me a salon so I could run my own hairdressing business.
Before Romany Rose came along, I was a typical teenager. Okay, I didn't work in any old salon, but one my dad bought for me, but I worked during the week and went out over weekends. My life was all about going out and having a good time. I'd wake up the morning after the night before with nothing to show for it except a headache and a broken pair of heels. Life wasn't exactly fulfilling.
Now, I live for Romany. She's given my life purpose and I've never been happier. That's why I spoil her rotten – it's my way of saying thank you.
I wasn't in a relationship when I found out I was pregnant. I didn't even think I wanted children. But there I was, a positive pregnancy test in my hand, seven weeks pregnant. I'd been seeing someone casually but he was long gone by the time I realised I was having a baby. It didn't sink in straight away. The pregnancy continued while I adjusted my plans for my future. Then, at the 20-week scan, the sonographer told me I was having a girl. That was the moment everything changed. A baby girl! I went straight to the shops. My baby girl was going to need kitting out.
Two days later, her first gift arrived at the house – a R257 000 pram. The next day, Mom and I went from Plymouth to Liverpool to start shopping. It's a long way to go, a good 900km journey there and back, but the designer shops are just bigger and better in Liverpool.
Luckily for me, Dad's very generous with his cash. He'll let me buy Romany anything.
After he gave me R17 000 and I blew the lot on little dresses and hair-bows before she was even born; I haven't been able to stop. I'm on a mission to make her the most pampered, beautiful princess ever. 'Dad, I want Romany Rose to have everything her heart desires,' I said. 'I want her to be the next **Honey Boo Boo**!'
"We all know **Honey Boo Boo** by now – the American pageant star who has a way with words and so much sass she owns every catwalk she struts down. She has beautiful dresses, ringlet hair and worldwide fame. That's what I want for Romany.
My dad has always looked after me and he didn't mind splashing out for Romany, especially once she was born. He was so madly in love with her, he'd have bought her the moon on a stick if he could. He isn't brave enough to just hand over his credit card, but whatever I want to buy her, I just have to tell him how much it costs and he'll buy it. Sometime he'll have a moan but then Romany's eyes light up as soon as she sees him and he's putty in her hands.
Even before Romany was born, her bedroom was overflowing with prams, dresses and accessories. Her five prams all cost around R21 000 each; I bought her R14 000 diamond earrings, and she has around 500 R1 700 designer dresses, as well as a baby bath that cost R6 000. She has a Gucci handbag that cost R2 600 and an antique crib worth R35 500. Her dress collection must be worth over R177 000 alone and her bedroom rivals any diva – it's full-to-busting with pink dresses and glittery accessories. Dad just rolls his eyes but Mom and I get so excited.
You might think I'm dressing her up like a doll, but Romany Rose is the happiest baby – she is always smiling. She loves it when I dress her up. As soon as she sees a camera, she smiles, giggles and bounces up and down. Fake eyelashes, hair in rollers – she laps it up. That's why she's already done so well at baby beauty pageants. She's won five sashes and three crowns – for Cutest Baby, Best Dressed, Best Eyes, Miss Glitz and Best Smile. She won her first crown and sash when she was three weeks old. I've got a wardrobe full of pageant clothes she hasn't had the chance to even wear yet.
I put her in fake eyelashes but I don't glue them to her actual eyelashes, I just stick them to her eyebrows. She doesn't mind and it makes her look so cute. If she cried or protested, I'd take them off but she doesn't so I don't see any harm. I know people think I've gone too far. But Romany's bedroom is magical; whenever she's in there, her eyes dart happily around, dazzled by all the glitter and sparkles. What child wouldn't want a bedroom like that?
Romany has changed my life so much. I used to spend all my time out drinking – now I don't even drink. I like staying in with Romany – it's much more fun than a night on the dance-floor. Romany Rose might be the most pampered tot in Britain, but she's made me a better person.
I want Romany to be a star. And if she's going to do that, she needs to have all the right outfits and all the right accessories. That's why she has so many dresses, bracelets, bows and hair pieces. It's why I have bought her a Rolex and a Range Rover – she's not just any baby: she's Romany Rose."

Romany Rose's dress collection is worth over R177 000 alone

Strange But True

BY EUGENIA BOOI



Wired-Up

ENGLISH artist Richard Stainthorp captures the beautiful energy and fluidity of the human body using wire. The life-sized sculptures feature figures both in motion and at rest, expressed in the form of large-gauged strands that are densely wrapped around and through one another. Stainthorp also allows the bent wires to shine by keeping their metallic appearance free from any obvious painting or additions. He has been creating these alluring artworks for almost 20 years. They don't have any facial features, but through their body language we understand their emotions. Some look as though they're falling and communicate a feeling of freedom or infinite possibility. Another sculpture has a set of wire 'wings' that appear a shield. To think that Stainthorp articulates all of this through something as commonplace as wire is breathtaking.

Scrap Transformers

THE *Transformers* franchise is a massive success in China – so much so that farmer Yu Zhilin, with a background in fine arts, decided to start creating life-sized robots using spare car parts in his free time. Fast forward three years and he's finished his first scrap sculpture with his son Lu Yingyun in tow, and things only got bigger from there. His latest project consisted of Optimus Prime and Bumblebee, assembled in their makeshift home workshop.

Hair Today, Here To Stay

HARNAAM KAUR, a British woman, has appeared in a photography exhibition celebrating the world's best facial hair, having grown a beard for seven years. The primary school teacher has embraced her appearance, and has even been baptised as a Sikh – a religion in which it is forbidden to cut body hair – and is the only woman to appear in the collection of photographs after speaking out against critics of her appearance. Harnaam has been growing a beard since the age of 16 after being diagnosed with polycystic ovary syndrome, a condition which causes excess hair growth.

Did You Know?

BY WARREN ROBERTSON

INTERESTING facts about the world we live in.

❖ A THUNDERHEAD cloud formation can have more mass than 10 000 jumbo jets.

❖ THE pygmy hippopotamus is only half as tall as a normal hippo and weighs less than one quarter as much as its larger cousin.

❖ A MALE bear is called a boar while a female bear is called a sow.

❖ THE surnames 'Lee' and 'Zhang' belong to 13% of the Chinese population.

❖ IN a few American towns, Halloween was originally referred to as 'Cabbage Night'.

❖ **MICHELLE RODRIGUEZ** didn't have a driver's license when filming started on *The Fast And The Furious*.

❖ THE UK uses 'incident screens' to block the view of traffic accidents on the highway in an attempt to reduce rubbernecking delays.

❖ APPLE has a 'secret police' called the Worldwide Loyalty Team that makes sure no employees leak something.

❖ THE AZTECS used chocolate as currency – one hen was worth 100 cacao beans.

❖ APPLES, plums and pears are all a part of the rose family.

❖ SINGLE-MALT scotch means that it comes from one distillery, not one barrel. Blends can have up to 40 different distilleries.

❖ **HONEY BOO BOO**'S mother spent some time in jail for passing bad checks and stealing money from McDonald's when she was an employee there.

❖ A group of chickens is called a brood or peep.

❖ PLANETARY scientist Eugene Shoemaker is the only human in history to have his ashes buried on the Moon.

❖ IN the United States, there were 2 000 babies named 'Beyoncé' between 1998 and 2013.

SOURCE: DOUBLE VISION MEDIA

'I'm Happier FAT Than I Ever Was Skinny'

SHE may be larger than she's ever been – but she's also the happiest.

JONI EDELMAN, 40, lives with her husband, Matt, and five kids – Kelsey, Sean, Owen, Ella and Max. You might not believe it, looking at her now, but once she had a size-four figure, and couldn't wait to show it off. After back-to-pack pregnancies and years of yo-yo dieting, Joni, then 34, had lost over 27kg and finally reached her goal weight. But she soon realised that happiness couldn't be found on a scale.

Having slimmed down to 55kg, Joni was excited to trade in her old baggy clothes for her new bikini body. "It was the first time I'd worn a bathing suit in years," Joni says. "It was also the skinniest I'd been since I was 16."

Growing up, Joni had never had any excess wait trouble. In fact, she was so skinny as a child that her friends called her Boney Joni. But despite her naturally thin 1.7m frame, she admits she was always dieting. "I was just eight years old the first time I weighed myself," she reveals. "My friends and I would watch **Jane Fonda**'s jazzercise videos at sleepovers and when I went to birthday parties I refused to eat cake. I'd tell my friends, 'I'm on a diet' – almost like it was trendy."

Throughout her teenage years, Joni's relationship with food worsened. "One day I would eat whatever I wanted from McDonald's and the next day I wouldn't eat anything," she admits.

For years Joni was constantly bargaining for food to maintain her 56kg frame.

But when she fell pregnant with her first daughter in 1994, her body started to change.
"I really wanted to embrace my pregnancy, so I allowed myself to eat whatever I wanted," she explains. "It was the first time in my life that I wasn't on a diet – but after gaining 15kg, I started to panic."
After giving birth to her daughter, Chelsea, Joni was desperate to lose her extra baby weight. She tried everything – from juice cleanses and Atkins to slimming drinks and diet pills. But after three back-to-back pregnancies, her body never quite went back to normal.
"Over time I became an eternal yo-yo dieter, constantly losing weight and then gaining it all back," Joni recalls.

Joni with her husband and kids

After starting nursing school in 2004, Joni lost hope she'd ever return to her pre-baby body. Between school, working 12-hour overnight shifts and looking after three young kids, she didn't have the time or energy to diet and exercise, and over the next three years her weight continued to pile on.
But in 2008, weighing 88kg, she'd finally had enough. "At the time I was going through a divorce and I could feel my life falling apart," she says. "I was determined to take control."
So, within six months of joining Weight Watchers, Joni lost an incredible 22kg. She also started training for a marathon and running 56km a week. But in addition to her strict workout regime, Joni also became obsessed with restricting calories.
She swapped her favourite foods like pasta and bread for things she hated like rice cakes and spray-on butter.
"I counted every calorie I ate – down to a single cherry tomato," she admits. "I even developed compulsive eating habits like chewing a single almond 40 times and running six kilometres anytime I ate a cookie. I had to be in control of everything."
By June 2009 Joni reached her goal weight – 55kg – and started dating her current husband, Matt. But despite her incredible transformation, she didn't quite feel comfortable in her new skin.
"I was so excited about my slim figure that I went out and bought 10 new bikinis that summer. But every time I looked in the mirror all I could see were flaws," Joni admits.
"I was the skinniest I'd been since I was a teenager, but it was almost the most self-conscious I'd ever felt about my body."
Eventually Joni became so obsessed with diet and exercise that she stopped caring about anything else. She avoided seeing her friends and stopped sitting down for dinner with her family, always making excuses to eat less and exercise more.
"I would weigh myself five times a day and my mood was entirely based on the number I saw on the scale. I thought being skinny would make me happy, but instead it made me anxious, miserable and depressed. Eventually my husband was so fed up with my mood changes that he hid my scale and asked me to gain weight. That was the 'light bulb' moment when I realised I was so much more than a dress size."
Less than a year after achieving her dream body Joni fell pregnant again with her fourth baby.
At first she panicked, worried all her hard work to achieve her dream body was for nothing. But eventually, she was able to let go of her diet mentality and embrace her body in its fuller form.
"My whole life I was in a constant state of panic about losing weight, but now as a mom-of-five I've finally let go of my obsession," she says happily. "At 95kg I'm the fattest I've ever been in my life – but I'm also the happiest I've ever been, and it's worth all of the extra weight. Now, instead of counting calories and running 16km a day, I have time to play games with my kids and spend time with my friends.
"I still cook healthy and exercise in moderation, but I make no apologies for enjoying pizza nights with my family and a scoop of ice cream whenever I want. Before, I thought being a size four would make me happy. But even my husband agrees that at a size 18 I'm sexier, happier and more confident than ever before."

Now heavier and happier
With her children
Then and now

Follow us on twitter.com/people_sa

Mnandi News

BY JACQUI THOMPSON

SPREADING FEEL-GOOD NEWS

WANT to say thank you? Got something positive to say about someone? Has a stranger done a good deed for you? Have you received outstanding service from a place or a person? We want to know about it. No kind deed should go unacknowledged. E-mail mnandinews@gmail.com or sms the word 'Mnandi' to 48408. Keep your message to about 50 words and include your name or pseudonym and area.

I SHOP regularly at Floradale Nursery and Garden centre in Port Elizabeth. I find all of the staff very helpful and their products very good. Thank you for appreciating me as a customer and I recommend you to anyone looking for good quality plants.
***Mrs G Chetty**, Bluewater Bay*

I WANT to thank my Violet for being my friend. We are two elderly women who now live together with my having employed Violet for over 38 years. We have watched our children grow and move away and each of us has buried our husbands. Now we just have each other. Thank you, Violet, for being such a dear friend.
***Margaret Birch**, Roodekrans Ext 9*

I WANT to give a shout-out to all my friends who are just THE best – I don't know what I would do without them. This is for you, Dumi, Megs, Lerato, The Suze, Mikey, Jo-anne and Peta. You guys rock! No one understands me like y'all do.
***Thandi**, Weltevreden Park*

THANKS to the young kids in Greenstone shopping centre a few Saturdays ago who helped me pick up all my grocery items when my carrier bag split.
***Anonymous**, Bonaero Park*

THERE'S a packer at Pick n Pay Seapoint who is always friendly and helpful and she makes shopping there a pleasure. She is a casual hoping to get a fulltime position. I have told the manager how good she is.
***Veronica Smal**, Greenpoint*

I WENT to the Matrix computer store in Woodmead after hearing they gave such excellent service and had competitive prices. It's all true – the staff is friendly and know their stuff. They didn't even charge me for some help I needed from their Technical counter; the guy just said I must buy my next printer from them. I will! Very good service, guys!
***Ashley**, Fourways*

NOT FOR SENSITIVE READERS!

BY VANESSA PAPAS

THE SCIENCE OF TORTURE

FROM their Garden of Eden, thousands of monkeys exported from Mauritius to research laboratories across the world await a fate far worse than death.

IT'S a bright tropical paradise popular for its spotless white beaches, palm trees and crystal-clear blue lagoons, but the island known as the 'star and key of the Indian Ocean' has a dark and sinister side. Mauritius is the second largest supplier of monkeys for the research industry in the world, exporting up to 10 000 primates destined to be burnt, suffocated, maimed, tortured, poisoned and killed every year.

Wild long-tailed macaque monkeys – considered a nuisance by the Mauritius Government – are torn from their jungle homes and families and imprisoned in large breeding farms on the southern part of the island. Eight to 12 months later, the female monkeys give birth. Two years after that, these babies are quarantined, checked for diseases and then exported, primarily to the USA and the European Union. Due to the secrecy surrounding animal experiments, very little was known about what happens to these monkeys once they leave the island and reach the laboratory...until now. A joint investigation by the British Union for the Abolition of Vivisection (BUAV) and Soko-Tierschutz revealed the horrors faced by these macaques inside the Max Planck Institute for Biological Cybernetics in Germany, a major European laboratory that imports monkeys from Mauritius.

Speaking to **people** magazine, Sarah Kite of BUAV – an international organisation (with headquarters in London) whose mission it is to create a world where experimentation on animals is nonexistent – says the practice of trapping and exporting monkeys from Mauritius for research dates back to 1985.

"Over the years the trade has expanded, and today we believe there are six farms holding tens of thousands of monkeys. The trade has largely moved away from what was once just the export of wild monkeys, to the export of the offspring of said monkeys (known as 'F1' or 'first generation')," says Sarah. "Figures just released show that during 2014, a total of 8 991 monkeys were exported from Mauritius. That's an increase of 2 937 from 2013 (48 percent)."

Sarah explains that in 2012, a BUAV investigation uncovered the slaughter of hundreds of monkeys at Noveprim Ltd, a primate breeding farm in Mauritius. Graphic images showed discarded dead monkeys stacked in piles on the floor or dumped in bins like garbage. Other images showed mutilated bodies in a skip awaiting incineration. The BUAV was told that the slaughter included, among others, adult males weighing over 4kg (deemed to be too heavy because overseas laboratories were requesting primates weighing less than 3.5kg), as well as pregnant females and young monkeys that were considered 'surplus' to requirements. Only the monkeys that 'make the grade' were exported for research. The investigation at Noveprim preceded another undercover investigation conducted by BUAV at the Max Planck Institute (MPI) for Biological Cybernetics in Germany, which imports monkeys from Mauritius.

The disclosure has caused a global outcry. The monkeys at MPI were being used for basic research into how the brain processes information. As part of an experiment to study neural connections in the brain, they each underwent major surgery to have a device (known as a 'head chamber') implanted in their skulls, so that 'tracers' could be injected directly into their brains. The monkeys suffered bleeding head wounds, made worse because they repeatedly picked at the incision sites. The wounds continued to irritate for days after the surgery, and some became infected with MRSA, resulting in further suffering and discomfort. Those with infected head wounds were regularly sedated to have the 'head chambers' cleaned – a distressing and gruelling routine. After weeks or sometimes months, the monkeys were killed so their brains could be removed from their skulls and examined.

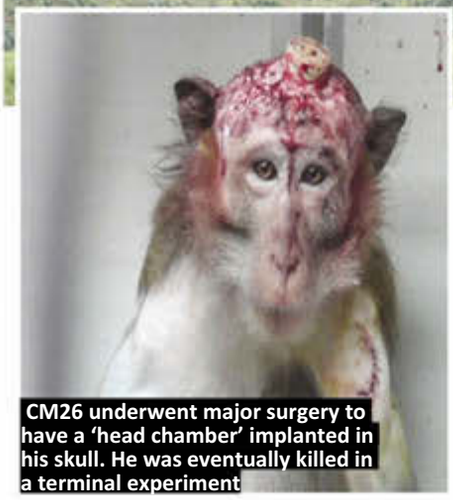
"Anyone who has seen the footage (which can be viewed on www.buav.org/undercover-investigations/a-living-nightmare/the-mauritius-connection – NOT FOR SENSITIVE READERS), will agree that these primates face a future far worse than death. There are other ways to do this research that do not inflict harm and suffering on animals. These monkeys never knew what it was like to enjoy their natural habitat, embrace freedom, or live life as a wild animal. They experienced a living nightmare at the hands of the research industry, from which death was their only escape," says Sarah. "This is research for which any application to human beings is highly speculative and far in the future (if at all), these monkeys suffered greatly in an attempt to understand the human brain. This is the wrong approach. Other primates are also regularly used in studies in drug addiction, maternal deprivation and various diseases. Many of these experiments involve the implanting of electrodes – which cause brain lesions – or making the monkeys dependent on various drugs. This frequently results in substantial pain and suffering. Primates are also used in toxicity testing, where they are forced to consume or inhale, or are injected with poisonous chemicals or drugs that may cause vomiting, pain from metabolic disturbances, convulsions, collapse of their vascular system, shock, difficulty in normal physiologic processes such as breathing, and slow death."

Sarah explains that despite international awareness of the major role Mauritius plays in the trade in primates, BUAV found that there was little awareness amongst the people of Mauritius itself. "Following the widespread publicity of the findings of our field investigation, which revealed the cruelty of the trapping and imprisoning of wild monkeys, the BUAV held a press conference in Mauritius and a series of meetings with community leaders and socio-cultural organisations. Save Our Monkeys was established on the back of this. It is a campaign project launched by the BUAV to raise awareness of, and support for, the monkeys of Mauritius. It is a campaign for the people of Mauritius who want to join us in ending this cruel trade. Our tri-lingual website (English, Kreole and French) and social media presence on Facebook and Twitter have enabled those Mauritians concerned about the exploitation of these monkeys to join our campaign. We are delighted by the response and support we have received, but admit we still have a long way to go in educating people about the cruelty behind exporting monkeys, and stopping this practice altogether."

Contrary to popular belief, monkeys are not indigenous to Mauritius but were introduced between the 16th and the 17th centuries, most likely brought to the island by Dutch sailors. According to some wildlife experts, the ever-growing monkey population on the island is of concern from a conservation point

The tragic fate that awaits these monkeys far overshadows the foreign exchange and 1 000 odd jobs the exportation of these sentient beings apparently generates

The monkey 'farm' where they are kept in cages



CM26 underwent major surgery to have a 'head chamber' implanted in his skull. He was eventually killed in a terminal experiment

of view. The Mauritian Wildlife Foundation (MWF) maintains that the monkeys eat birds' eggs, kill small and adult birds alike and attack indigenous plants. Endangered species like the Pink Pigeon, the Echo Parakeet and even the Kestrel are regular victims of monkeys. MWF have claimed the impact of monkeys on the island's forests is also 'disastrous' and that capturing the monkeys and exporting them is beneficial to the environment and to indigenous species.

Sarah, however, has rubbished these claims. "The primate breeders attempt to justify the trade on the grounds that the long-tailed macaque is not native, is a 'pest' and, therefore, not deserving of conservation concerns. Yet, despite the claims surrounding this 'pest' status, there are no efforts to eradicate the species entirely. Instead, the existing population is being allowed to reproduce freely so that it can be exploited to continuously supply macaque breeding farms, which have become a big industry on the island. It is clear that there is an economic incentive for these companies in Mauritius to keep the species thriving on the island," she says.

According to reports, an exported captive-bred monkey can generate Mauritius over R36 000 and a feral monkey about R14 500. Monkeys are exported as cargo in small wooden crates, primarily on Air France aircraft. The BUAV has led an international campaign against the transportation of primates by air, which has resulted in many of the world's carriers ending their involvement, including American Airlines, British Airways, United Airlines, Northwest Airlines, South African Airways, Delta Airlines, Eva Air and China Airlines. Air France is the only known remaining passenger airline to continue the transportation of primates destined for the research industry.

What can readers do to help?

MAURITIUS is an important holiday destination for South Africans. Between January and September 2014, around 65 000 people from South Africa visited the island. As a tourist or visitor, it is so important to let the Mauritius Tourism Promotion Authority (MTPA) know how unhappy people are about the cruel trade. Send polite e-mails to mtpa@intnet.mu. Log onto www.buav.org/our-campaigns/primate-campaign/mauritius or http://saveourmonkeys.com/eng. for more information on Save Our Monkeys. Like them on Facebook at https://www.facebook.com/SaveOurMonkeys or follow them on Twitter at https://twitter.com/saveourmonkeys.

Animal News

BY EUGENIA BOOI

SAYING GRACE

A LONG-TAILED macaque (Macaca fascicularis) is seen joining hands in a prayer-like fashion at Mount Batur in Bali, Indonesia. The monkey saw food that was left by tourists and, apparently, thanked God for his find. Amen!

PICS: MAGAZINE FEATURES / INPRA / GREATSTOCK

SNOW-WHITE KANGAROO

ZOOKEEPERS eagerly awaiting the first appearance of a baby kangaroo were shocked and delighted to discover the new arrival was actually a rare albino. White kangaroos are extremely unusual and rarely live to adulthood in the wild because they are easy to spot and therefore easy prey for hunters. Two years ago, an albino kangaroo that had survived in the wild to adulthood made international headlines after being seen near Canberra in Australia. The snow-white marsupial was photographed by rangers in the vast Namadgi national park.

Incidents of cruelty, abuse or the neglect of animals can be reported to every SPCA, a full list of which with contact details can be found on www.nspca.co.za

Do you have a story for Animal News by Eugenia Booi (with pictures) you would like to share with us? E-mail eugeniab@caxton.co.za and write Animal in the subject line. We will give you R500 if your story is published!

Take Me Home

This week we have some adorable dogs from Irwin Animal Rescue.

How To Adopt: If one of us has caught your eye and you're willing to provide us with a loving home, please phone Tanya Sequeira on 079 618 5522 or Tanya.sequeira01@gmail.com

TIPS ON ADOPTING A PET

BEFORE you adopt a gorgeous pet, make sure you have considered the following:

- Do you travel a lot?
- Does your complex / neighbourhood allow pets?
- Do you have a safe and secure home for the new addition?
- Do you have the time and money to look after a pet?
- Will you love and care for this animal at all times?
- Will the animal fit in with your other pets?
- Ensure the breed is one that suits you and your family.
- Do you have enough space for the pet to run around?
- Do you have kids? If yes, take the correct security measures before adopting.

Cross

Trixie

Sally

Shadow

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Competition runs

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GIANT WORDSEARCH NO. 310

F	B	S	H	F	D	E	S	T	R	U	C	T	I	O	N	G	R	A	T	I	T	U	D	E	R
W	E	E	K	L	Y	H	D	E	L	I	V	E	R	Y	F	P	R	A	J	R	Q	J	N	B	A
Q	E	N	C	E	N	T	S	Q	R	N	S	G	N	I	D	O	O	R	B	E	L	L	O	A	V
L	K	C	O	D	H	X	H	I	J	E	E	R	W	O	U	E	I	Q	T	J	D	F	I	V	E
V	M	I	R	A	C	L	E	S	N	D	Y	E	T	H	I	M	B	L	E	H	S	G	T	N	N
H	O	U	S	E	M	A	S	T	E	R	R	M	F	G	I	T	P	J	T	N	A	B	A	C	K
Y	F	C	Q	V	Y	T	X	T	R	A	A	E	H	T	K	R	N	H	A	C	T	G	T	A	E
L	F	U	A	R	L	T	E	E	H	W	D	V	G	B	M	E	L	E	L	B	A	V	I	G	C
Y	A	W	N	L	A	K	T	M	H	E	N	T	X	Y	C	K	L	C	V	P	Q	C	C	E	N
E	D	Y	B	R	C	N	J	L	T	N	U	M	K	N	D	U	G	B	P	N	B	Q	R	T	E
S	E	E	F	I	I	E	S	A	E	L	O	H	A	Q	C	H	B	H	E	J	I	A	N	U	R
T	L	F	P	W	G	I	D	F	G	S	B	R	S	R	F	B	I	N	O	F	Y	E	W	Q	E
E	T	F	N	U	A	O	M	L	N	X	O	J	E	A	Q	C	T	J	N	L	V	R	B	P	F
R	S	I	Q	A	M	A	R	A	V	N	J	H	J	C	C	Z	V	E	R	E	Z	M	L	S	F
Y	E	C	L	M	P	A	R	A	G	R	A	P	H	U	S	T	T	E	K	I	O	S	K	A	I
E	N	A	O	I	C	S	L	I	Y	I	E	K	P	I	S	T	T	B	Y	U	N	F	C	L	D
A	W	C	V	E	D	I	R	E	F	T	N	W	S	D	I	T	U	C	T	V	B	G	S	U	P
R	C	I	E	J	D	E	S	J	I	R	I	E	F	K	U	L	I	H	Q	A	A	D	L	T	I
A	T	O	R	R	V	E	A	A	R	J	M	R	R	P	A	E	V	C	F	C	O	E	U	A	L
F	K	U	W	E	E	D	L	L	A	E	O	E	A	T	K	T	D	T	E	T	F	Q	H	T	O
M	E	S	F	H	A	Y	O	E	N	I	T	S	I	H	O	V	E	R	S	I	Z	E	L	I	R
C	D	N	C	Q	U	I	R	E	C	S	T	B	E	E	C	R	X	V	R	A	G	V	I	O	D
R	V	O	C	A	T	I	O	N	E	T	R	E	O	N	N	K	W	E	D	D	I	N	G	N	S
N	I	O	G	E	E	P	N	J	P	O	I	Q	R	O	T	C	X	X	O	E	Q	P	I	L	H
R	C	G	N	R	C	C	L	I	S	N	Q	V	O	M	D	E	C	Z	M	T	E	W	P	X	I
E	I	Y	O	J	I	N	Y	E	A	E	X	N	E	E	I	Z	N	I	P	R	P	O	M	E	P
C	T	O	S	R	R	R	Q	J	A	T	V	D	O	Z	X	N	T	C	C	U	Y	U	R	T	F
N	A	N	D	P	O	T	N	A	T	S	N	I	A	E	T	G	A	E	E	N	M	P	N	I	Q
O	M	D	R	S	U	U	X	J	B	I	A	U	T	E	A	K	I	T	Z	N	A	O	E	R	Q
C	A	M	I	R	Q	P	S	E	I	L	J	N	O	R	H	V	J	G	E	I	L	N	G	U	H
D	R	V	B	D	I	Z	S	L	W	G	K	N	T	F	E	H	M	F	Z	E	I	S	O	O	E
B	D	S	A	P	L	I	N	G	M	Q	O	R	D	Q	R	S	A	T	M	M	Z	I	R	V	R
A	R	C	H	I	T	E	C	T	J	D	Z	S	P	E	S	L	S	R	S	A	K	C	G	A	I
T	H	A	D	H	N	O	R	E	B	M	U	L	A	K	L	Y	E	A	A	J	V	W	E	F	T
T	T	E	S	T	I	F	Y	M	Z	U	Y	S	S	A	E	T	J	M	E	N	T	H	O	L	A
E	N	T	S	H	K	A	N	G	A	R	O	O	C	F	A	L	S	L	L	I	D	W	U	U	G
N	I	D	F	N	W	F	T	U	G	N	D	Y	Y	W	E	B	P	A	P	E	R	X	S	J	E

Can you find the listed words in the box of letters? They may read horizontally, vertically and diagonally, either forwards or backwards, but always in straight lines.

ACCOMMODATE
ADVISORY
AFTERNOON
ARCHITECT
ASSERTIVE
BACK
BATTEN
BIRDSONG
BOUNDARY
BRASH
CASH
CENT
CHARITY
CHEESE
CITATION
CONCERN
DELIVERY
DESTRUCTION
DIFFERENCE
DOCK
DOORBELL
DRAMATIC
EFFICACIOUS
ELECTIVE
EMERGE
EVENT
FALLACY
FAVOURITE
FENCE
FEVER
FOUNTAIN
FREEZE
GLISTEN
GORGEOUS
GRATITUDE
HEAVY
HEEL
HERCULEAN
HERITAGE
HICCUP
HOUSEMASTER
IDEAL
IGNORANCE
IMAGINE
INSTANT
INVENTION
JASMINE
JESTER
JUSTICE
KANGAROO
KELP
KIOSK
KITTEN
LEASE
LIQUORICE
LORDSHIP
LOVER
LUMBER
MAGICAL
MENTHOL
MIRACLES
MOUTH
NEMESIS
NESTLED
ORBITAL
OVERSIZE
PAPER
PARAGRAPH
PERCEIVE
PICKET
PLEASANT
QUIRE
RACE
RAGTIME
RANSOM
RAVEN
REASON
RIGOROUS
SALUTATION
SAPLING
SENTENCE
SPAN
TERMINATE
TESTIFY
THIMBLE
TRIUMPH
UPWIND
UTTERLY
VALID
VARNISH
VOCAL
VOCATION
WARDEN
WATERMELON
WEDDING
WEEKLY
WHIRL
WINTER
YAWN
YESTERYEAR

CODEBREAKER

CODEBREAKERS require inspired guesswork. They are crosswords without clues. Every letter of the alphabet is used (you might find it useful to cross out the letters located by the grid as you find them) and each letter has its own number. In this puzzle '21' has the letter 'C', so a useful start is to insert 'C' in all the boxes that contain the number '21'. Vowels appear at least once in a word but letters such as 'X' and 'Z' are few.

20	18	21	7	6	20	2		16	12	23	8	
26		8		22		4		7		14		9
20	18	20	21	7	23	20		3	14	7	23	20
24		6		20		10		24		3		24
23	10	23	9	20		24	20	23	23	10	24	5
				25		5				6		23
6	10	9	26	20	3		6	15	20	23	21	8
7		20				6		10				
3	12	10	24	16	14	13		24	14	6	20	6
26		6		20		10		5		23		8
20	22	7	12	9		23	12	2	11	14	9	20
4		3		23		21		14		3		9
	19	20	23	6		8	10	17	6	20	9	1

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21 C	22	23	24	25	26

NUMBERSEARCH

WITHIN this grid are hidden the numbers below. They are found horizontally, vertically, diagonally and back-to-front.

3	9	2	4	2	7	0	4	7	0	6	4	6	6	9	9	6
8	2	6	8	9	6	2	5	8	8	9	4	0	3	6	9	4
4	4	3	6	6	2	5	6	7	0	3	2	2	0	5	7	0
3	9	7	7	7	0	9	1	3	6	2	7	9	0	7	5	2
2	2	9	6	1	7	6	4	6	1	3	6	6	5	3	9	6
9	5	1	3	0	9	5	5	7	3	7	8	2	1	3	3	1
2	6	8	5	6	6	6	7	3	6	5	2	9	4	1	2	2
1	5	5	2	8	3	4	5	2	9	1	0	6	6	8	1	4
8	3	5	0	7	1	2	0	8	6	2	7	3	6	1	6	8
5	7	7	4	1	2	9	0	0	3	7	2	0	1	9	1	9
9	0	2	9	6	4	5	9	5	2	0	0	7	9	4	2	1
5	0	6	2	3	6	5	0	1	0	3	2	4	6	9	7	9
5	9	4	1	0	7	8	2	7	0	2	5	1	2	8	8	1
5	2	7	8	7	9	3	0	2	9	9	0	9	6	5	1	9
6	7	7	6	6	2	8	3	8	7	1	1	0	5	4	5	6
5	3	6	4	9	5	9	4	0	6	6	2	2	4	5	9	7
1	7	3	7	9	5	6	8	9	5	8	3	8	9	2	9	6

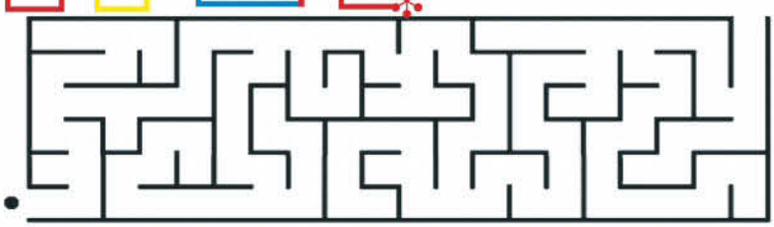
0750223076
1637268021
170538
2612489191
2631726692
2963074190
2976421369
3190235089
48656
5221609577
55013858
56529429
5689583892
5860596
597695
6316467169
6423010563
6460740724
656374205
6895838929
7239
7298
7328051728
7468129402
872209849
891919676
9198421620
9298385986
9642301056
9759321612

NUMBER CRUNCH

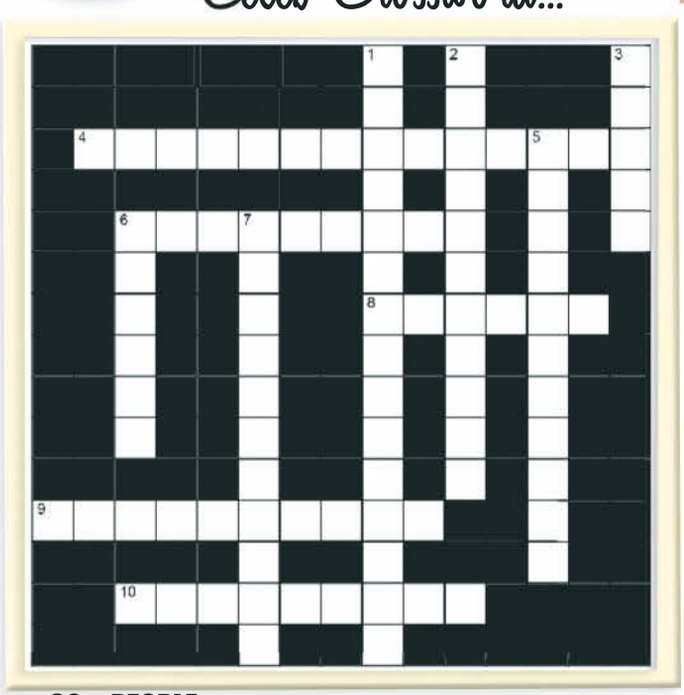
STARTING from the left with the given number, work your way across each of the puzzles, applying the instruction in each cell to your number.

1		4	+	1		3	=	0 7
	+				+			+
		3	+		4	8	=	1 9
2	3		+		6	1	=	4 9

KIDS MAZE



Celeb Crossword...



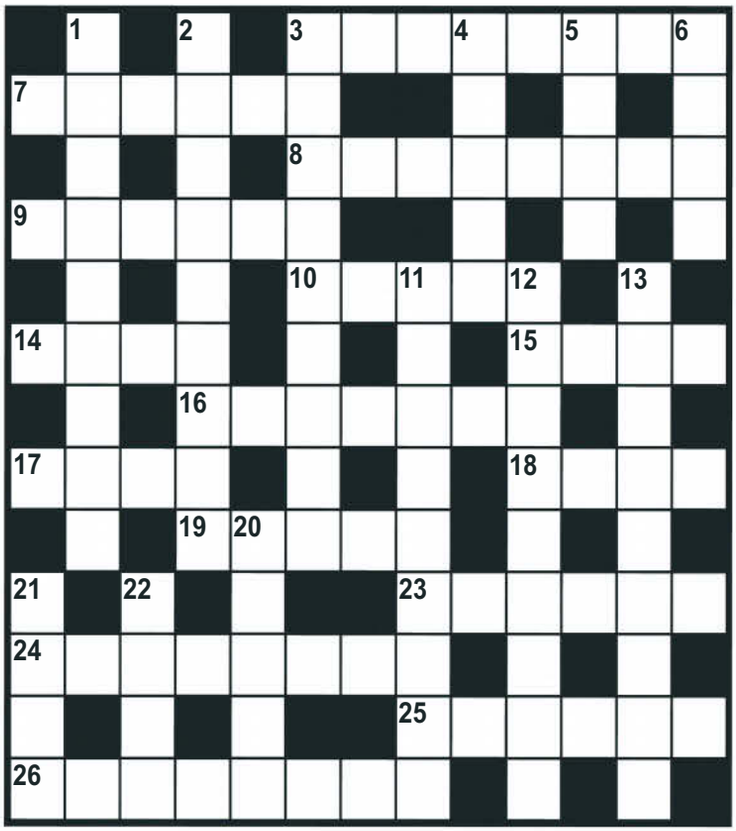
Across

4. US actor, whose movie roles include Peeta Mellark in *The Hunger Games* series of films, Carl Munro in *RV* and Laser Allgood in *The Kids Are All Right* (4,10)
6. Stage name of US singer/songwriter born 'Peter Gene Hernandez', whose hits include *Just The Way You Are* and *Grenade* (5,4)
8 See 3 Down
9. *Apollo 13*, *Twister*, *Aliens*, *True Lies* and *Titanic* are movies in which this US actor, who stars in the television series *Big Love* and *Hatfields & McCoys*, appeared (4,6)
10. Benji Dunn in the *Mission: Impossible* film series, Montgomery Scott in *Star Trek* and its sequel *Star Trek Into Darkness*, and Thompson in *The Adventures Of Tintin: The Secret Of The Unicorn* are movie roles played by this English actor, comedian and screenwriter (5,4)

Down

1. English actor, writer and comedian who starred in and wrote the films *Brüno*, *Borat* and *Ali G Indahouse* (5,5,5)
2. *What You Waiting For?*, *Rich Girl* and *Hollaback Girl* are among the hits of this US singer/songwriter, who also played the role of Jean Harlow in the 2004 film *The Aviator* (4,7)
3/8. His performance as Salvatore 'Sal' Frangione in *Do The Right Thing* earned this US Actor, whose movies include *Hudson Hawk*, *The Purple Rose Of Cairo* and *Moonstruck*, an Academy Award nomination (5,6)
5. Boyd Swan in the 2014 *Fury*, Jack Bondurant in *Lawless*, Sam Witwicky in the *Transformers* series of films and Jacob 'Jake' Moore in *Wall Street: Money Never Sleeps*, are movie roles played by this US actor (4,7)
6 Fourteen-time Academy Award-nominated US actor and director **Warren** _____, whose movie roles include Bugsy Siegel in *Bugsy*, Lyle Rogers in *Ishtar* and John Reed in *Reds* (6)
7. Canadian-born actress and writer who was nominated for the Academy Award for Best Writing (Original Screenplay) for her film *My Big Fat Greek Wedding* (3,8)

CRYPTIC CROSSWORD



Across

3. Re those strange guests – have their movements noted! (8)
7. It depends how you fire a little saint – it could mean trouble! (6)
8. Is this a 'no-no' in the photographic business? (8)
9. I'm with most people! It's both annoying and unsightly (6)
10. That's right! Snakes are to be seen in files (5)
14. Read about how expensive it has become (4)
15. You should lift your hat tothis state (4)
16. It's true! 'Sus' it out! It will have you in stitches! (7)
17. More than one of 9 across and you'll get the cane (4)
18. Look slyly both ways (4)
19. Those dancers have their own form of transport (5)
23. I meet an angel – a sympathetic one (6)
24. Tim and Marie appear to be all at sea (8)
25. I was staggered on seeing it recorded in all three ledgers (6)
26. As I sleep in the car he puts it back! (8)

Down

1. Be decent, Sir! Such harshness of tone! (9)
2. How is Ed to handle a press release which scatters them? (9)
3. We have great need of getting it produced (9)
4. 1 000 ways to part and take to the road (5)
5. I run about and destroy things (4)
6. Looks for bishops' territories (4)
11. We don't know them and Gran's having a rest (9)
12. Put the cat out and that finished it! Should be hung for that! (9)
13. Became torn having been created in Los Angeles initially (9)
20. More for an actor who has little work (5)
21. A ruler with some miracles to his credit (4)
22. How to part a snare (4)

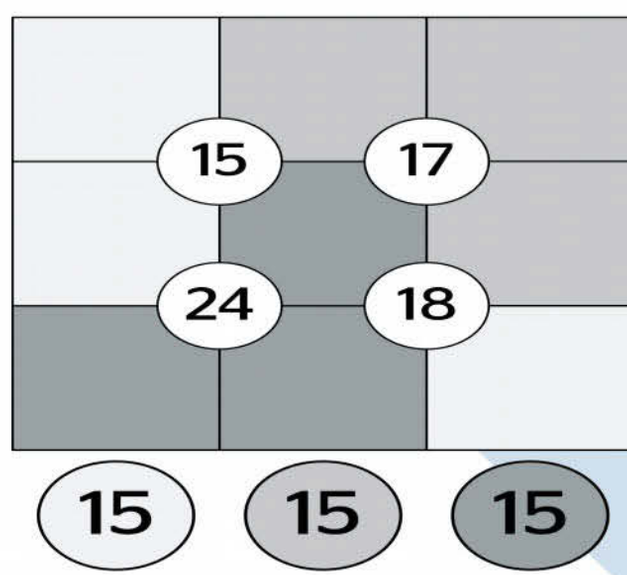
MONSTER SUDOKU

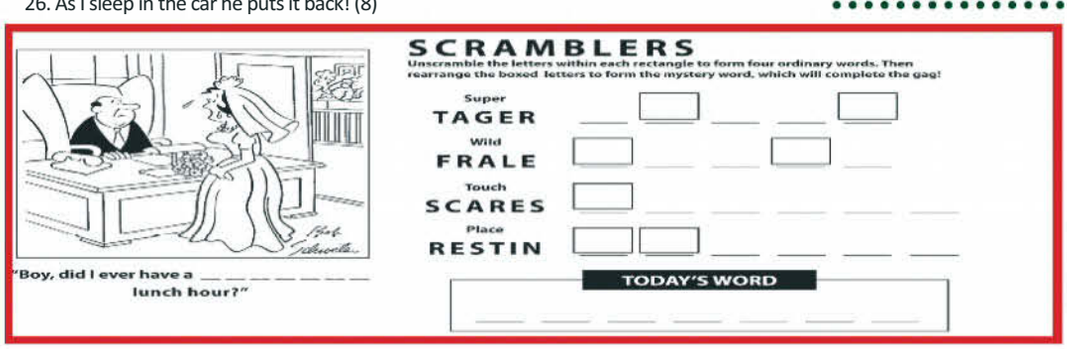
COMPLETE the grid so that every row, column and 4x4 box contains 0, 1, 2, 3, 4, 5, 6, 7, 8 and 9 and a, b, c, d, e and f.

C		B		6		9	A					4	F		
				B		5	F		4			0		D	E
		F		7	8				E	9	6				
	8		4			D							7		
	A	7			4		8	B			D				F
		E		5			9	7			2	A	0		
	C				7	E		8				D		B	
		9		0		1			F	4				E	2
B	9				F	7			1		E		3		
	5		C				B		7	3				2	
		A	F	C			3	4			8		9		
4				E			6	C		F			B	0	
		D							8			E		C	
				8	B	C				7	9		4		
7	E		B			4		6	3		1				
		8	5					A	D		F		2		7

SUKO

Place the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of the four surrounding spaces, and each colour total is correct.

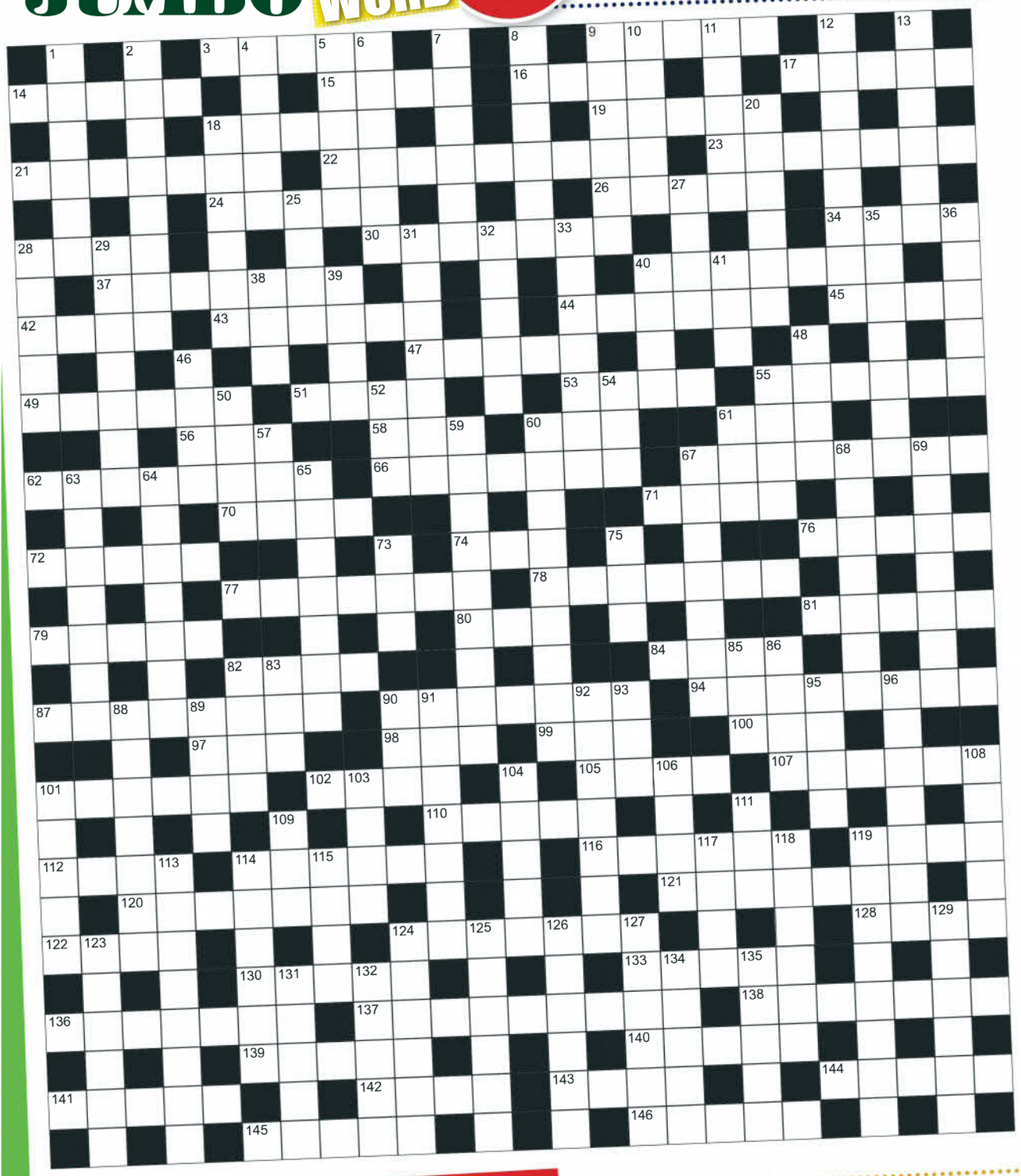




STICKLERS

How many different lines are there?

JUMBO CROSS WORD NO. 303



ACROSS

3. Brag
9. … and whey
14. Fortune telling cards
15. Casual eatery
16. Pottery oven
17. Strange
18. Stage scenery
19. Helped
21. Stealthy pursuer
22. Farthest
23. Peas and beans
24. Native-born Israeli
26. Rings out
28. Goat's cheese
30. France and Spain
34. Frozen
37. Tummy
40. Coagulate
42. Short skirt
43. Facing
44. Buyer's boon
45. Dice throw
47. Frozen abode
49. Undue pressure
51. Speech problem
53. Endure
55. Card game
56. Fib
58. Distress signal
60. Obese
61. Insect
62. Remarks
66. Show zest
67. Event schedule
70. Declares
71. Road division
72. Freight
74. Night flier
76. Learn
77. Japanese art form
78. Quick-tempered person
79. Essential
80. Actor, **Bruce** …
81. Nun's attire
82. Muzzles
84. New Testament book
87. Set in motion
90. Result
94. Icy Christmas hearth items (4,4)
97. Owing
98. Whichever
99. Immediately
100. Ship's front
101. Imitated
102. Pal
105. Bridle attachment
107. Animals
110. Pretty up
112. Offer for sale
114. Repartee
116. Footnote word
119. Spiritual mentor
120. Garden pavilions
121. Training session
122. Those people
124. Done
128. Bristle
130. Eucalyptus eater
133. Agave fibre
136. Give authority to
137. High-spirited
138. Small bays
139. Opponent
140. Hot drink
141. Inuit craft
142. Dry as dust
143. Addict
144. Mournful peal
145. Schemes
146. College heads

SUDOKU

PLACE a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

3					4			9
	6			8		2		
		8	1		5		3	
	2			3				7
		5			1	3		
4			7				1	8
1					7	6		
6		3	9					5
	8			5			9	

TATAMI

TATAMI is a 6x6 grid logic game played with the numbers 1 to 3. Each 3x3 slab must contain all the numbers 1-3 with no duplicates. Adjacent slabs cannot contain the same number, i.e. the number 3 cannot be placed next to another number 3. Each row and column must contain a double set of numbers (two 1s, two 2s and two 3s).

1					
			2		
		1			
				3	

EVEN EXCHANGE

EACH numbered row contains two clues and two answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Country	__ A __ __ __ __	Impulsive idea	__ O __ __ __ __
2. Snow fragment	__ __ __ K __	Bright flame	__ __ __ R __
3. Public sale of goods	__ __ __ __ __ L	Keep	__ __ __ __ __ N
4. Summer shoe	S __ __ __ __ __	Hooligan	V __ __ __ __ __
5. Comb's partner	__ __ U __ __	Hasty	__ __ A __ __
6. Bell's invention	__ H __ __ __	Inclined to	__ R __ __ __
7. Preacher	__ A __ __ __ __	Human being	__ E __ __ __ __
8. Twig	__ __ I __ __	Immovable	__ __ U __ __
9. Toffee or gumdrop	C __ __ __ __	Convenient	H __ __ __ __
10. Make you laugh	__ I __ __ __ __	Take down in football	__ A __ __ __ __

DOWN

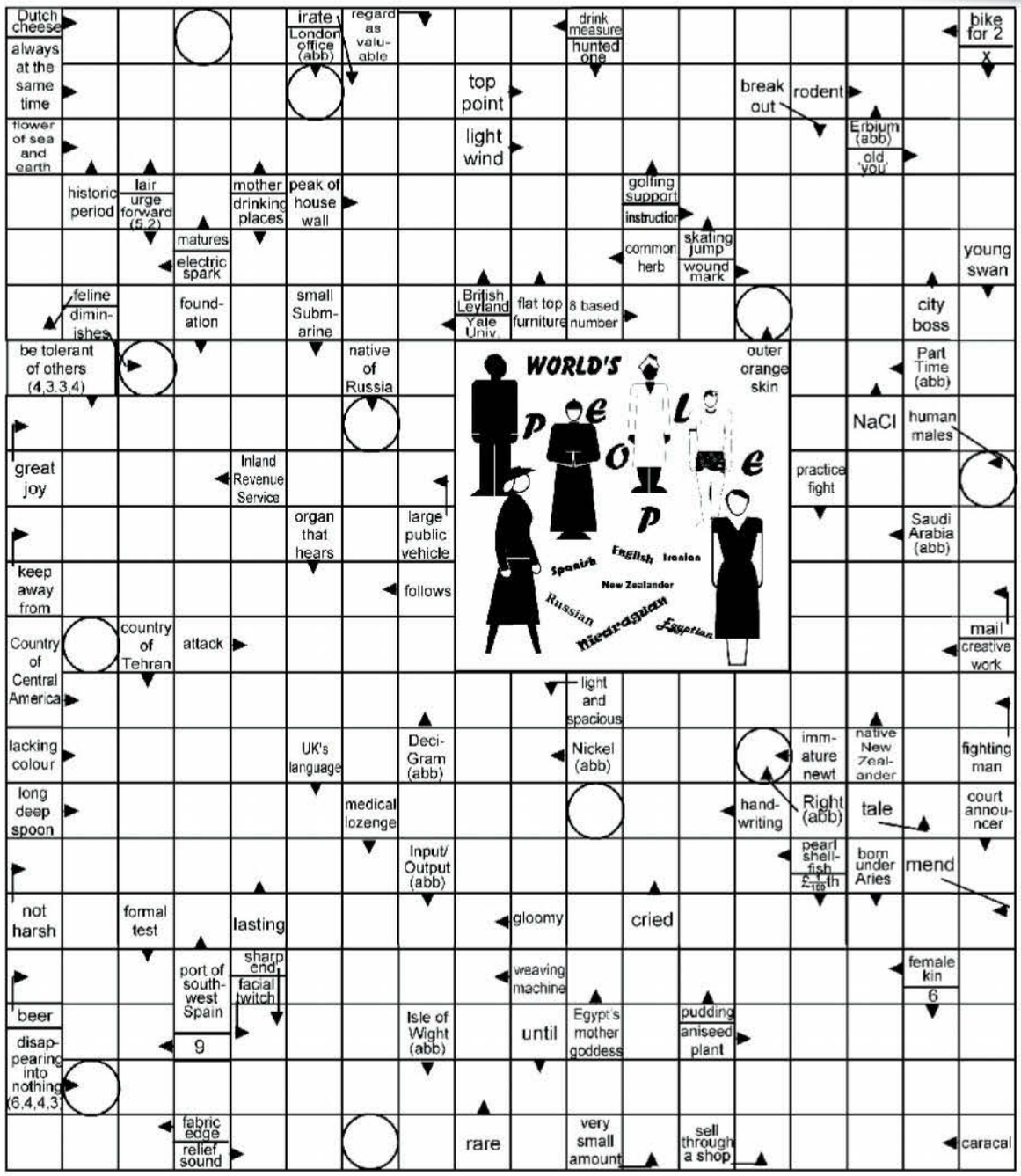
1. Chess piece
2. Kind of cabbage
4. Puccini work
5. Abrade
6. Plaid fabric
7. Refuse to accept
8. With hands on hips
9. Necklace fasteners
10. Join forces
11. Reside
12. Out of the ordinary
13. Gentle wind
18. Autocrat
20. Blueprint
25. Witch's concoction
27. Resting on
28. Was furious
29. Fit of temper
31. Fireplace accessory
32. Insinuate
33. Actor, … **Cage**
35. Became less clear
36. Edible seaweed
38. Unruly crowd
39. Hammer's target
40. Drinking vessels
41. Fall asleep, … off
46. Atoll component
48. Egg on
50. Wrongdoings
52. Exploit
54. Consumed food
55. Major portion
57. Greek letter
59. Balance
60. More distant (7,2)
61. Tavern
63. Round of applause
64. Itinerant worker
65. Hypodermic device
67. Convincing quality
68. Type of sport
69. Causing confusion
73. … de Cologne
75. Porker's abode
82. Showy trinket
83. Goddess of mischief
85. Rickety boat
86. Untidy person
88. Have an effect on
89. Mid-month time
90. Granola bit
91. Dig up
92. Eastern daylight time
93. Female sheep
95. Pitcher
96. Not clear
101. Be jealous of
103. Insects
104. Guiding principle
106. Showy flower
108. Steam bath
109. Taxi
111. Type of squash
113. Routine (3-2-3)
114. Science lab vessel
115. Variable star
117. Borrower's burden
118. Tribulation
119. Fuel
123. Church songbook
124. Pieces of furniture
125. Comfort
126. One of a kind
127. Dropped clues
129. Tell secrets
131. Bay window
132. … said, soonest mended
134. Squirrel away
135. Weighed down

BLOCKWORD NO. 591

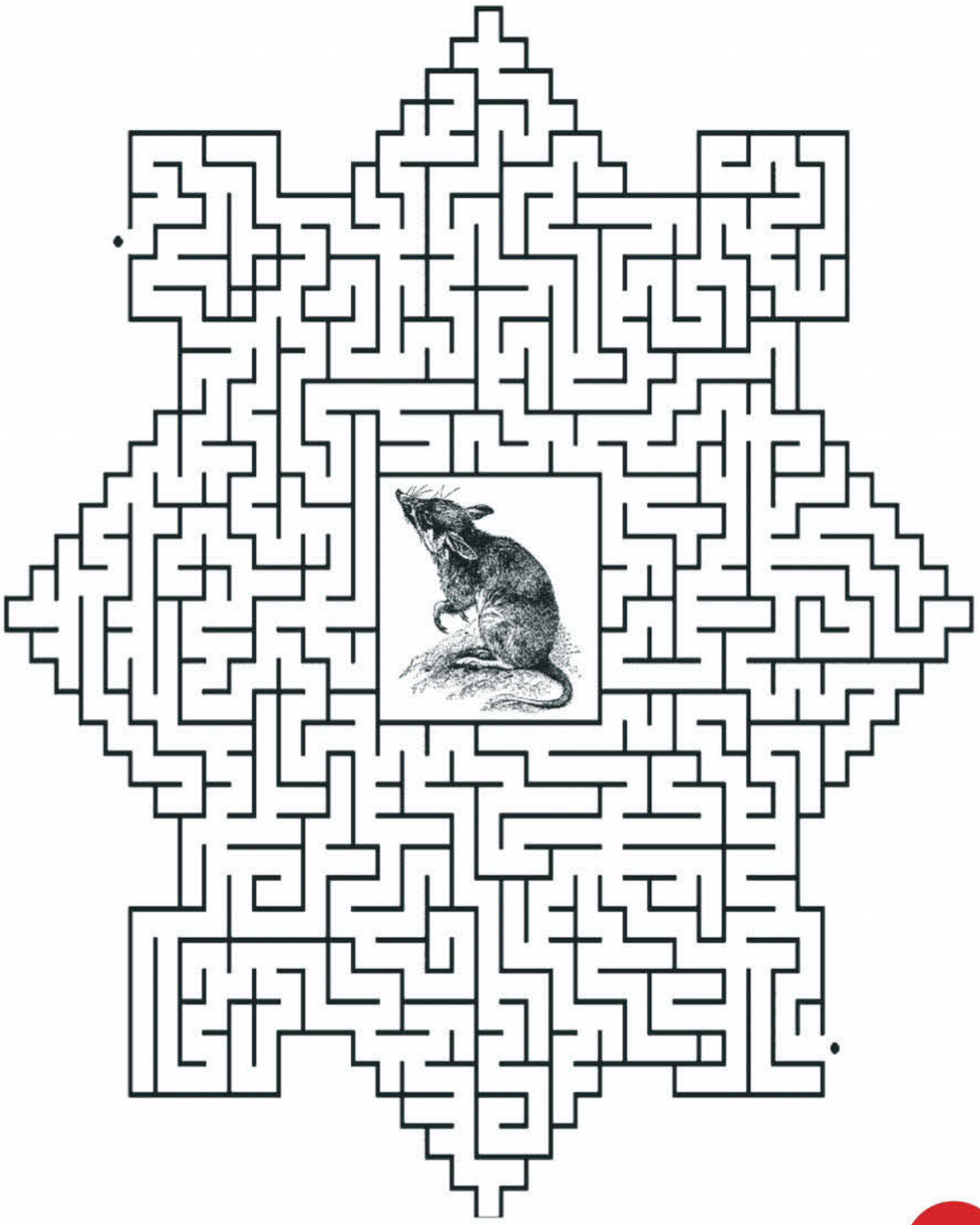
BY BARRIE THOMSON

WIN R500

TO ENTER this BLOCKWORD, all you have to do is finish the grid, and the ringed areas will make up one word. The clue to the answer is: Plan B. Sms 48408 with the answer, your name and surname, and **people**/Blockword No. 591. Be sure to sms before May 11, 2015. By doing this, you could win R500. Winner of Blockword 587: Aletta Opperman. Answer: Compacted. Winners will be paid electronically. Smses charged at R1.50 and free smses do not apply. Terms and conditions apply.



Mega Maze



SUGARU

	3			
				3
3		4		
4		3		2

EACH cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3; and so on. No same digit appears in any neighbouring cell, not even diagonally.

MISSING LINKS

CALCULATE the results and actions. Fill the missing links from the top.

RESULT		ACTION	
	3	x	
=		+	4
=	52	-	
=		x	75
=	600	÷	
=		+	12
=	18	x	
=		+	56
=	560	÷	
=		-	8
=	6	÷	
=		x	165
=	495		

FIND-A-WORD

Ascorbic Acid
B-Complex
Biotin
Carotene
Cereal
Cholecalciferol
Cyanocobalamin
Diet
Enzymes
Fish
Folic Acid
Food
Fruit
Function
Health
Meat
Milk
Natural
Niacin
Nutrients
Pantothenic
Acid
Pyridoxine
Retinol
Riboflavin
Supplement
Thiamine
Variety
Vegetables

L	V	D	P	Y	R	I	D	O	X	I	N	E	F	P
O	E	I	N	T	L	O	N	I	T	E	R	U	A	A
R	G	C	A	E	F	E	S	I	N	B	N	S	T	N
E	E	A	T	I	I	S	E	U	T	C	C	N	N	T
F	T	C	U	R	S	N	T	E	T	O	E	T	I	O
I	A	I	R	A	H	R	N	I	R	M	I	H	V	T
C	B	L	A	V	I	E	O	B	E	P	T	B	A	H
L	L	O	L	E	T	N	I	L	K	L	I	M	L	E
A	E	F	N	O	I	C	P	C	A	E	T	I	F	N
C	S	T	R	A	A	P	E	E	A	X	E	L	O	I
E	S	A	C	C	U	R	H	F	R	U	I	T	B	C
L	C	I	I	S	E	T	O	F	O	O	D	A	I	A
O	N	D	L	A	E	N	Z	Y	M	E	S	E	R	C
H	I	F	L	E	N	I	M	A	I	H	T	M	E	I
C	Y	A	N	O	C	O	B	A	L	A	M	I	N	D

ON SALE NOW!

WORDOKU

THERE are 9 letters used within the puzzle, each letter must be used (but never repeated) in every row, column and 3x3 square.

					L	V		E
					H			
			Q	X	B		O	
	B	H				O		
C			L		E	X		
	L							
	E	B			X	C		
	O					L	B	Q

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GO FIGURE

THE idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram – by following the arithmetic signs in the order they are given (from left to right and top to bottom). Use only the right numbers below the diagram to complete its blank squares, and use each of the nine numbers only once.

	x		–		21
+		÷		x	
	–		x		30
x		+		–	
	x		+		23
20		17		23	

1 2 3 5 6 7 7 8 9

Killer Kakuro

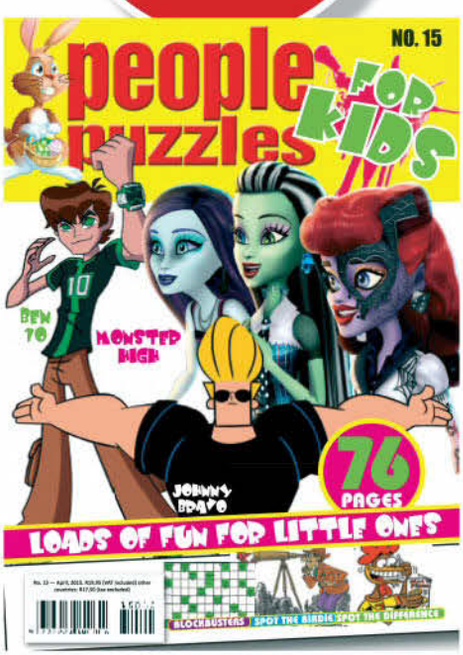
FILL the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. (The same digit may occur more than once in a row or column, but it must be in a separate block.)

	13	17	23	7		25	4		21	3
21					4			6		
13					3 / 17			4 / 4		
	34 / 4						4 / 13			4
3			6	30 / 3						
10					14			6 / 7		
		4 / 21					10 / 4			
	8 / 3			15	35	4			16	4
6			16 / 3			10 / 16				
28							7	3 / 24		
	3 / 4			34 / 17						14
7			14			21				
3			16			15				

Arrow Word

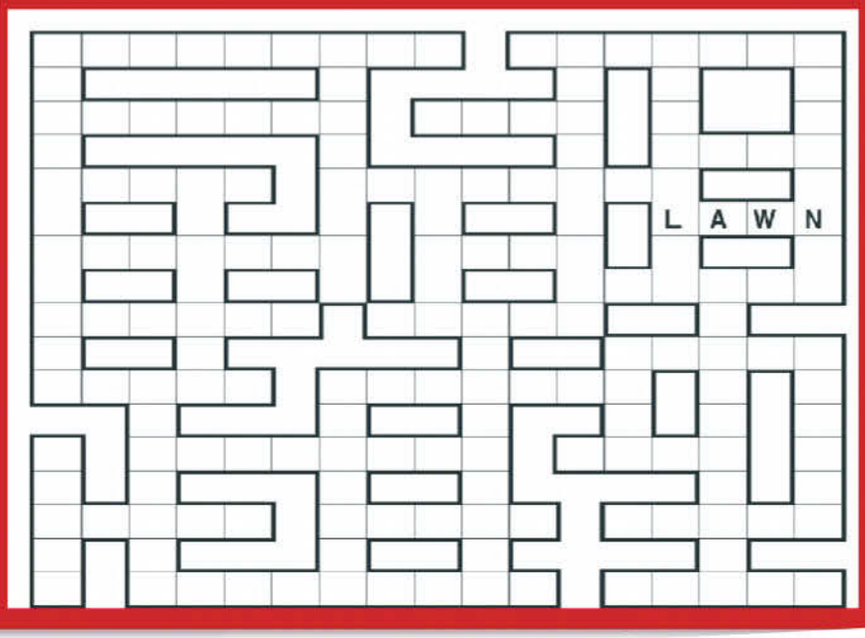
Worship	Stupid		Number of people banded together		De-mented	... Khan, Islamic leader	Chaos	Compe-tent	US novelist, Harriet ...	'Wish You Were ...', song
					Surprise attack					
Plants of a region			Control, direct							
					Orange drink			Kate ... TV journalist		
						Beautiful women	Appre-hension			
Leave in the lurch			Fine fabric		Dashing fellow					Perfect
In front		Raised river bank						Auto-mobile	Indian state	
					Small group w common interest		Prefix for one million			
High-brow	Tempera-ment	Offer		Dame ... Laine, singer				Alien craft? (inits)		
Active volcano in Sicily			Belong-ing to him				Round, flat plate		Dregs	
				Former US girl group		Oddly funny				
High in pitch			Police officer's jacket					Italian article		
						Bargain events				
... Sykes, comedian					Word puzzle direction					

ON SALE NOW!



CRISS CROSS

FIT the words in the grid.



4 LETTERS
ATOM
COOP
EMMA
HALF
~~LAWN~~
WADI

5 LETTERS
ACUTE
AGAPE
ALBUM
BLOKE
BRAWN
DEATH
DOZEN
DRESS
ELIDE
POWER

6 LETTERS
AFRAID
ENOUGH
REGION

7 LETTERS
BEDROLL
CAMBRIC
DISBAND
DISTANT
DORMICE
SIBLING
ZEALOUS

8 LETTERS
ANCESTOR
APPRAISE
ARGUABLE
BACHELOR
CONFINED

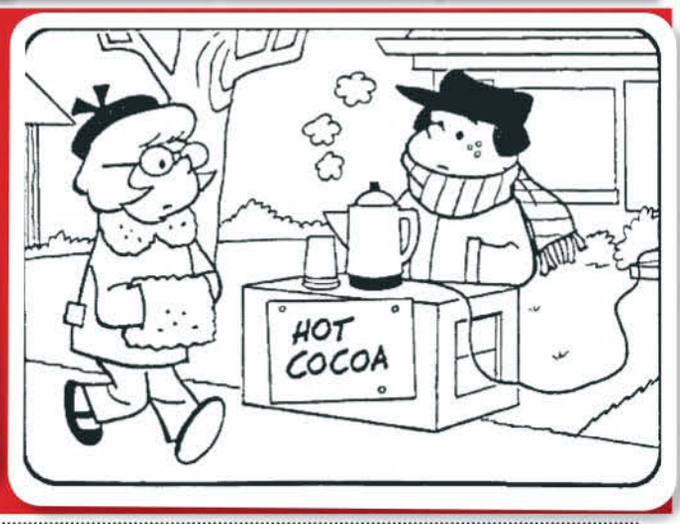
9 LETTERS
AMPHIBIAN
ARTHRITIS
DISPLEASE
STEADFAST

10 LETTERS
AMALGAMATE

11 LETTERS
DISMEMBERED

Spot The Difference!

AT first glance, these two pictures may look identical. But there are some subtle changes in the second picture. See if you can find the six differences.



Celeb Wordmatch

FIND A WORD that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the name of a celebrity can be read from top to bottom in one of the lines.

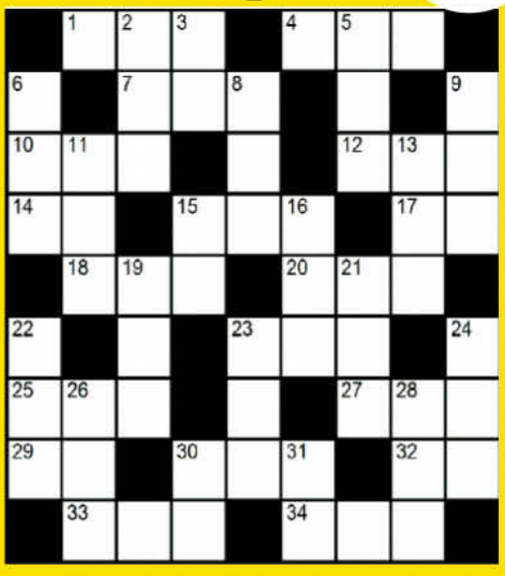
GIANT	■						RING
BUTTERNUT							COURT
SWISS							BURGER
DRY						■	BOUND
WATER							FODDER
SAND							BILL
MAJOR							TABLE
FISH							BELL
DOOR						■	FIGHTER
STICKY							NOSED
PUBLIC							CLUB
HAND	■						DOWN

Wishing Well...

HERE is a pleasant little game that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

6	3	7	6	5	6	7	6	3	8	5	4	6
A	F	V	L	D	E	A	R	U	S	O	F	T
7	8	5	7	6	2	3	7	8	7	3	2	7
L	E	R	U	N	Y	N	E	E	Q	T	O	U
4	3	4	7	4	7	2	5	8	6	5	8	3
U	I	N	I	A	E	U	E	K	E	S	T	M
8	7	2	4	2	7	3	7	4	7	5	4	7
H	T	W	F	I	T	E	I	T	M	E	E	E
6	3	6	4	8	2	5	6	8	6	7	6	8
S	S	S	R	E	L	A	P	T	A	S	Y	R
2	8	3	6	3	8	6	5	4	6	3	5	2
L	U	A	S	H	T	O	R	H	F	E	C	G
8	6	5	3	4	2	4	2	3	2	4	2	4
H	F	H	A	O	O	U	F	D	A	R	R	S

MATHS QUIZ

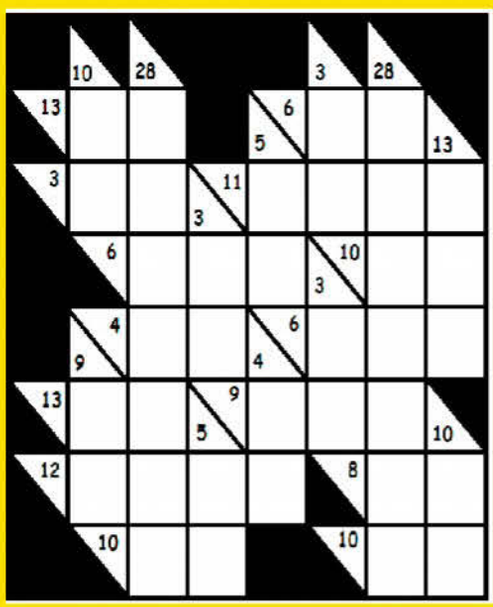


ACROSS
1. 1032 ÷ 3
4. 1170 ÷ 5
7. 919 - 68
10. 1484 ÷ 7
12. 4340 ÷ 7
14. 29 × 3
15. 2052 ÷ 4
17. 17 × 3
18. 1130 ÷ 5
20. 2050 ÷ 5
23. 245 - 22
25. 386 + 156
27. 1854 ÷ 2
29. 5 × 5
30. 2692 ÷ 4
32. 513 ÷ 9
33. 1428 ÷ 7
34. 312 ÷ 3

DOWN
2. 337 + 145
3. 5 × 9
5. 2212 ÷ 7
6. 47 + 81
8. 808 ÷ 8
9. 510 - 9
11. 1204 ÷ 7
13. 1250 ÷ 5
15. 7 × 8
16. 3078 ÷ 9
19. 2044 ÷ 7
21. 203 - 64
22. 456 ÷ 3
23. 273 - 36
24. 559 - 82
26. 277 + 175
28. 2286 ÷ 9
30. 8 × 8
31. 62 ÷ 2

KAKURU

FIT only the numbers 1 to 9 into the grid so that each horizontal run of white squares adds up to the total above the diagonal line to the left of the run, and so that each vertical run of white squares adds up to the total below the diagonal line above the run. No number can be used more than once in any run.



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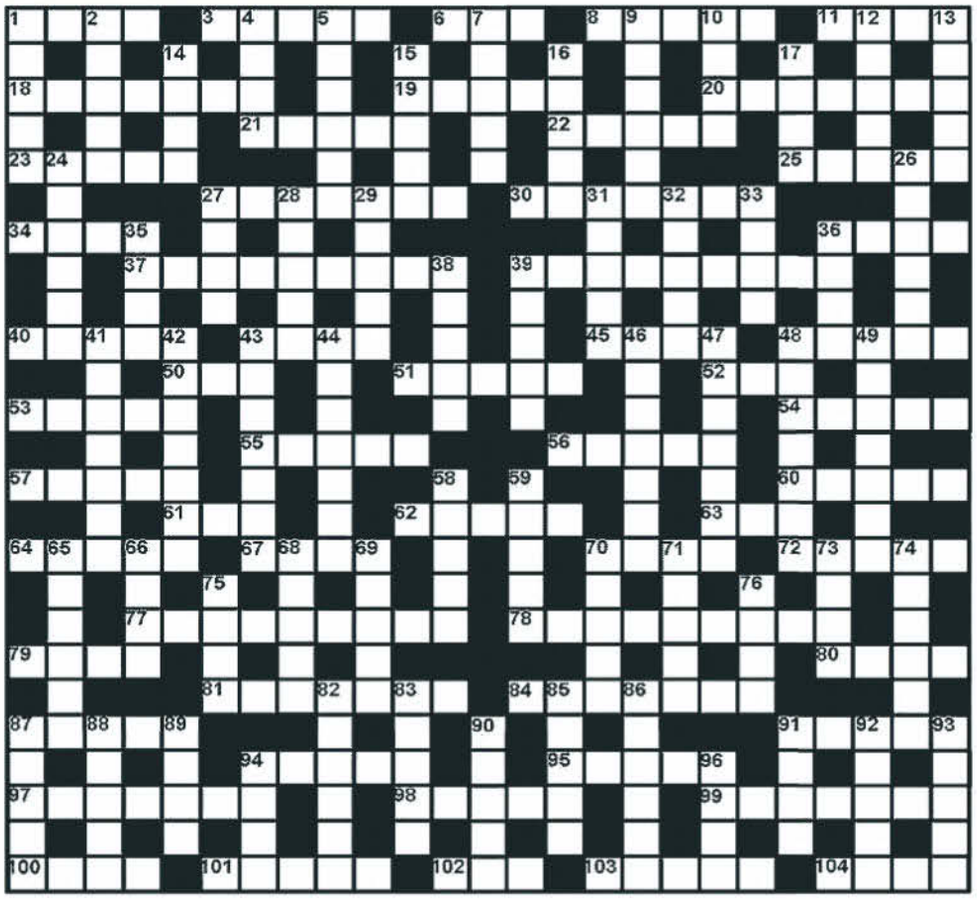
CROSSWORD



ACROSS
1) Food production area (4)
3) Use badly (5)
6) Peculiar (3)
8) Organ controls (5)
11) Fencing sword (4)
18) Accurately assess size (7)
19) Member of a major world religion (5)
20) Reach a target (7)
21) Backbone (5)
22) Frightening (5)
23) Satisfies (5)
25) Vote in (5)
27) Master musician (7)
30) Overwhelm with surprise (7)
34) Measure of surface (4)
36) Mentally healthy (4)
37) Creature from a chrysalis (9)
39) Type of yellow pumpkin (9)
40) Colour of purity (5)
43) Remain (4)
45) Machine setting (4)
48) Dwelling place (5)
50) Insect of a hill (3)
51) Horse carer (5)
52) Local area network (3)
53) Passenger ship (5)
54) Representative (5)
55) Similar (5)
56) Performs correctly (5)
57) Name of a book (5)
60) Annual periods (5)
61) Observe (3)
62) Military sword (5)
63) Donkey (3)
64) Put into a new casing (5)
67) Small remainder (4)
70) Very slim (4)
72) Finished (5)
77) Tingle someone with excitement (9)
78) Respond by doing harm (9)
79) ---- and pans (4)
80) Heavy horsedrawn cart (4)
81) Unit of magnetic flux (7)
84) Frightening creature (7)
87) Walk proudly (5)
91) Even more satisfactory (5)
94) Short-tailed lemur (5)
95) Expression of contempt and disappointment (5)
97) Very much on view (7)
98) Courage (5)
99) Encourage (7)
100) Harbour (4)
101) Eating dish (5)
102) Copy (3)
103) Placed at an angle (5)
104) Display (4)

DOWN
1) Noxious gases (5)
2) Cook over open flames (5)
4) Honey makers (4)
5) Steps within a building (6)
7) Railway carriage to eat in (5)
9) Red fruit-like vegetable (6)
10) Perform on an instrument (4)
12) Small part of something (5)
13) Upright (5)
14) Pay exessive attention (4)
15) Belonging to them (5)
16) Thinks deeply (5)
17) Protection for a hoof (4)
24) Once again (6)
26) Very open and honest (6)
27) Cut out the sound (4)
28) Force out quickly (5)
29) Having clumps of cut threads (5)
31) Important tribal object (5)
32) Set on its end (5)
33) Dip briefly into a hot drink (4)
35) Be adjacent to (4)
36) Remainder of a cigarette (4)
38) Long (for) (5)
39) Burst into flower (5)
41) Sets on fire (7)
42) Very serious (7)
43) Cooked over boiling water (7)
44) Old and valued (7)
46) Large flightless bird (7)
47) Blissful (7)
48) Examine in detail (7)
49) Number to be used in a mathematical function (7)
58) Worth (5)
59) Mistake (5)
65) Sell outside the country (6)
66) Foodstuff that has been prepared (4)
68) Take it easy (5)
69) Fruit to make a raisin (5)
70) Moon of Saturn and a Greek god (5)
71) Valley filled by the sea (5)
73) Requirement (4)
74) Make angry (6)
75) Small part of an element (4)
76) Just (4)
82) Having the greatest width (6)
83) Telling untruths (5)
85) Desert water holes (5)
86) Very safe (6)
87) Take a nap (5)
88) More mature (5)
89) Rubbish (4)
90) Waste material (5)
91) Apartment (4)
92) Nick used as a tally (5)
93) Start over (5)
94) False god (4)
96) Avoid (4)

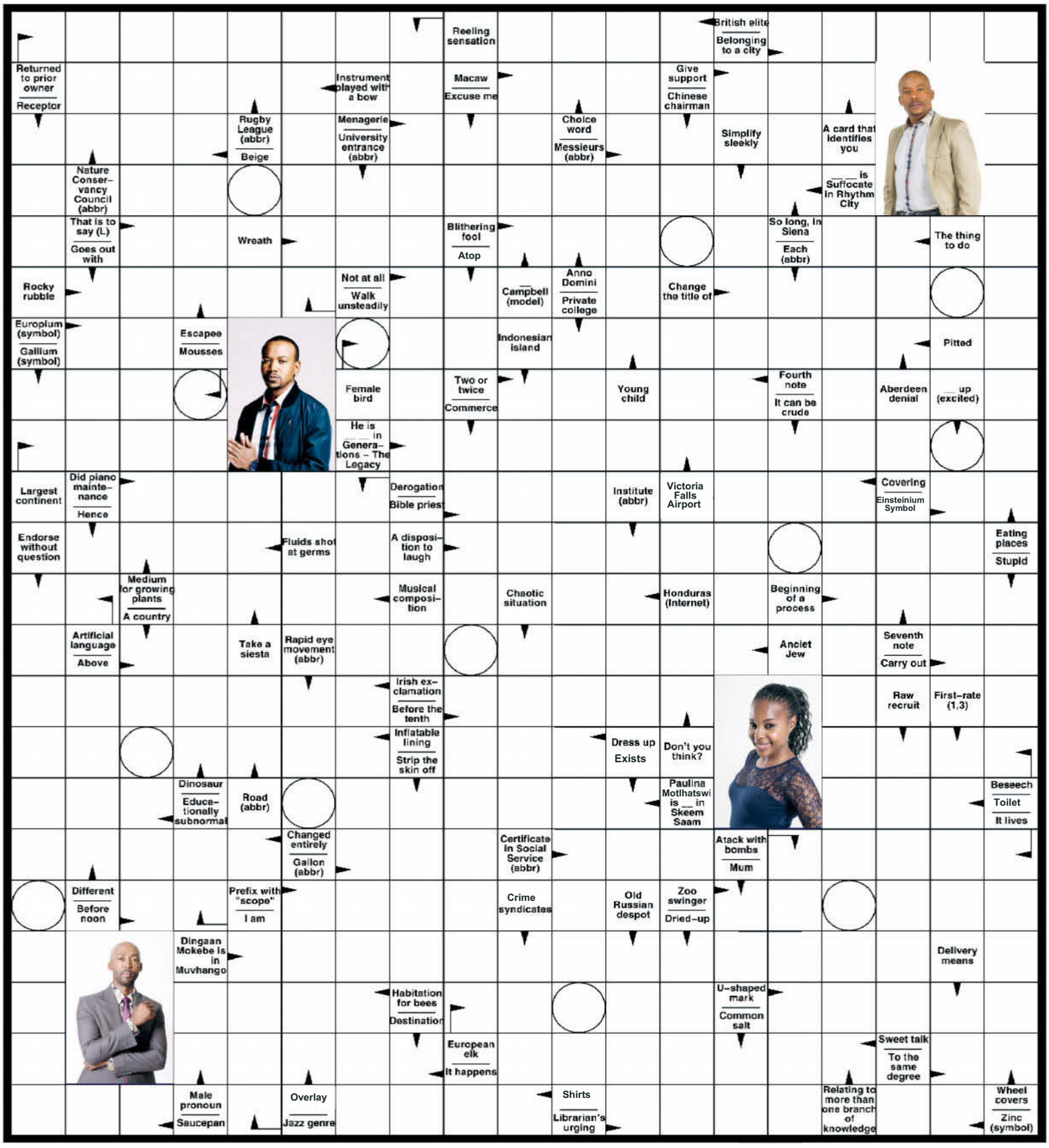
SOAP BLOCKWORD

WIN R500

NO. 572

BY MARIUS GREEFF / PICS: PUBLICITY/ WWW.ELITEPHOTOAGENCY.COM / MAGAZINE FEATURES

TO ENTER this SOAP BLOCKWORD, all you have to do is finish the grid. When completed the scrambled letters will spell out the answer for the clue: An actor in *Isibaya*. Sms 48408 with the answer, your name and surname, as well as **people**/Soap Blockword No. 572. Be sure to sms before May 11, 2015. By doing this, you stand the chance of winning R500. Winner of Soap No. 568: Heather Trowell. Answer: Shadrack. Winners will be paid electronically. Smses charged at R1.50 and free smses do not apply. Terms and conditions apply.

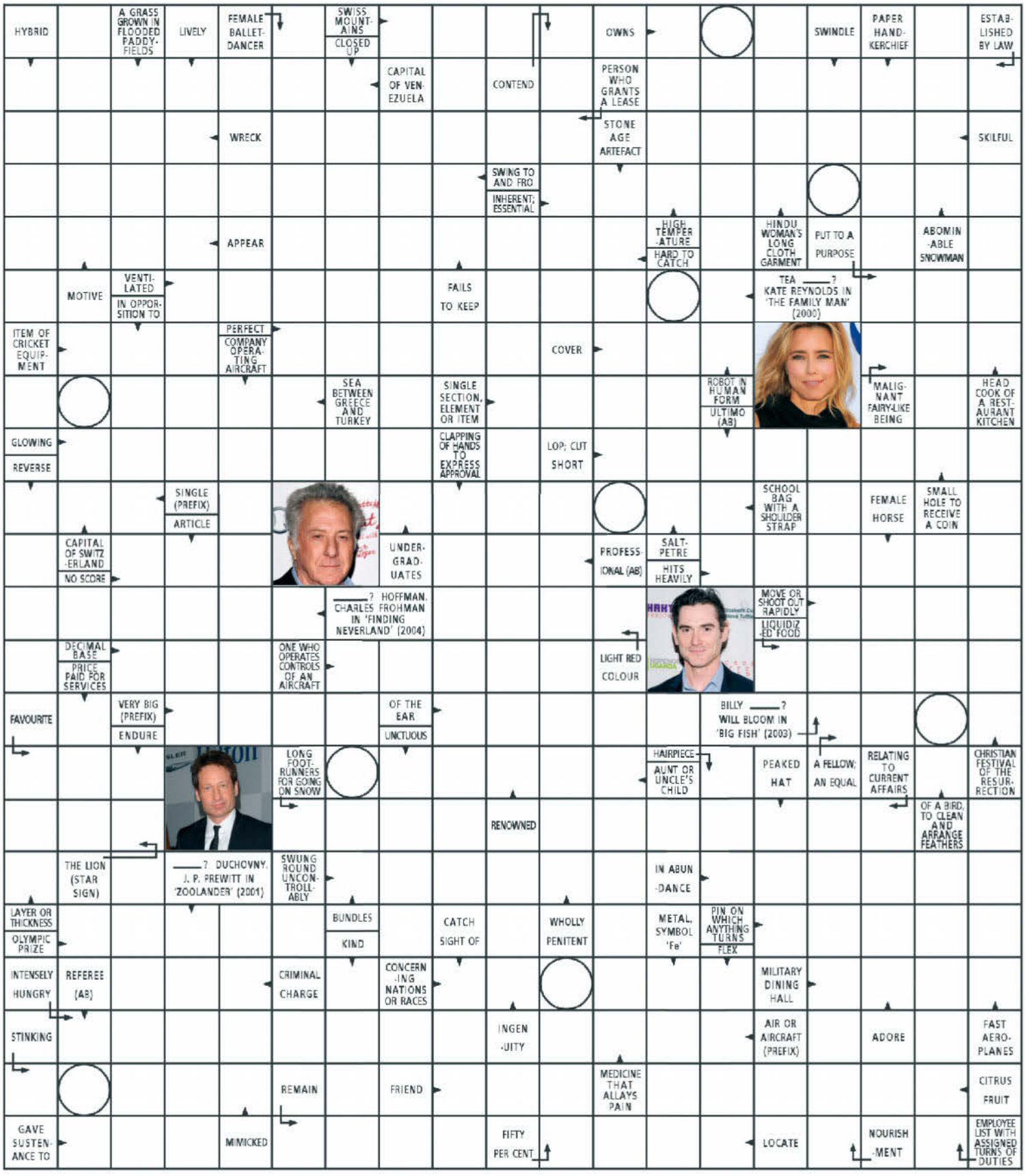


CELEB BLOCKWORD NO. 572

BY JOHN WHIFFIN
/ PICS: WWW.
ELITEPHOTOAGENCY.COM

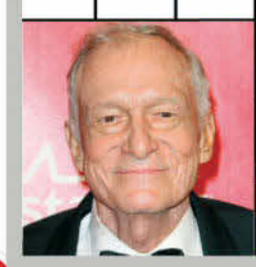
WIN R1 000

TO ENTER our CELEB BLOCKWORD, all you have to do is finish the grid. When completed, the circled letters will spell out the name of a movie star whose films include *An Ambush Of Ghosts* and *I'll Do Anything*. Sms 48408 with the answer, your name and surname, and **people**/Celeb Blockword No. 572. Be sure to sms before May 11, 2015. By doing this, you stand the chance of winning R1 000. Winner of Celeb Blockword No. 568: Tina Scholtz. Answer: Snoop Dogg. Winners paid electronically. Smses charged at R1.50 and free smses do not apply. Terms and conditions apply.



General KNOWLEDGE

Endure
Open
Pollute / Hair curler
Developed
Not me
Retailing again
'Back to the Future' actor (7,1,3)
Way out / Liquefied
Working smoothly
Open discussions / Principal
Cobalt (symbol) / Grow weary
'Happy' hit maker (8,8)
Siamese / Impressive display
Solemn promise / Edition
Until / Public vehicle
Cried
Unit of area / Show the way
Maiden name indicator
Hi-fi / Electrical resistance
Bill of sale / You and I
Fragrant flower / Biblical garden
Evade / Decimal base
Take to court / Appear
Utter
Love intensely / Aura
Seek out prey / Aniseed
Military road vehicles / Guide
Liberated / French Mrs
Pixie / Attar
Pouting look / Dined
Game fish
Volcanic island in the SE Atlantic, Saint ..
Once only (3-3) / Keyboard character
Brings bad luck
Evening / Mining waste
Chopper / Sixth sense
Unable to hear / Thyroid swelling
Follower of Sikhism
Highly impatient / Middle
Reclined / .. Scotia
The self / Iranian language
His Majesty / Hostel room
Regain conscious-ness (4,2)
Distress signal / Binary digit
Inundation of water / Molar
Scornful remark
Mature acorn / Epoch
Vagrant / Share (abbr)
Peseta (symbol) / Break free
Touch / Wedding words (1,2)
Delivery vehicle / Groups
Conceal
Speaker
Plot of land / Citrus fruit
Metal gold
Heroic tale / Slippery fish
Stone flooring / Pig pen
Champion Swedish swimmer (5,8)
Hot beverage / The thing
Break / Unit of mass
Rush / Idaho (abbr)
Expanse / Ascend
Maintain-ed / Exists
Playboy king (4,6)
Detailed record
Ogled
Book of maps



<antoninoline

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PICS: TAMIKA MILLER/ GREAT STOCK

Katie Holmes Potato Kugel

Recipe

BY VERA FOURIE

THIS *Dawson's Creek* actress and model graduated from Notre Dame Academy, an all-girls Roman Catholic school in Toledo, Ohio.

She is of course best known for her role in the aforementioned show, but has since appeared in numerous productions, including advertisements for Garnier, Coach and clothing retailer The Gap. **Katie** has also starred opposite A-list celebs like **Michael Keaton**, **Michael Douglas**, **Christian Bale**, **John Lithgow**, **Anna Paquin** and **Josh Duhamel**, and one of her latest projects, a film called *The Giver*, had her working with **Jeff Bridges**, **Meryl Streep** and **Taylor Swift**. **Katie** has claimed that she likes to run six kilometres a couple of times a week to clear her head, which is a good thing, since she reportedly really enjoys starchy foods like potato kugel.

Date Of Birth
December 18, 1978
Place Of Birth
Toledo, Ohio, USA
Birth Name
Kate Noelle Holmes
Height:
1,75m
Parents:
Kathleen Ann and Martin Joseph Holmes, Sr
Siblings: Sisters Tamera, Holly Ann, and Nancy Kay, and one older brother, Martin Joseph
Spouse: Tom Cruise
(divorced: 2006 – 2012)
Daughter: Suri Cruise

Ingredients

8 Medium potatoes (grated)
2 Medium onions (grated)
6 Eggs
½ Cup of oil
4 Tablespoons of flour
1 Teaspoon of salt
1 Teaspoon of pepper

Method

PREHEAT your oven to 200ºC, and grate the potatoes and onions in a large bowl. Mix the eggs, oil, flour, salt and pepper together, and then add the mixture to the potatoes. If there happens to be excess water from the potatoes, squeeze it out with a fork before adding the lot to the flour. Mix until well blended, and pour into a greased 9x13 baking dish, or in patty pans, and bake for approximately an hour or until the top is a nice golden brown and the centre is set. Let it rest for about five minutes and then serve.

TRIED & TESTED

FOR more yummy recipes go to www.peoplemagazine.co.za

PUZZLE ANSWERS

Even Exchange

1. Nation, Notion
2. Flake, Flare
3. Retail, Retain
4. Sandal, Vandal
5. Brush, Brash
6. Phone, Prone
7. Parson, Person
8. Stick, Stuck
9. Candy, Handy
10. Tickle, Tackle

Cryptic Crossword

	S		D		G	E	S	T	U	R	E	S
S	T	R	I	F	E			R		U		E
	R		S		N	E	G	A	T	I	V	E
P	I	M	P	L	E			M		N		S
	D		E		R	A	S	P	S		L	
D	E	A	R		A		T		U	T	A	H
	N		S	U	T	U	R	E	S		C	
A	C	N	E		E		A		P	E	E	P
	E		S	E	D	A	N		E		R	
E		T		X			G	E	N	I	A	L
M	A	R	I	T	I	M	E		D		T	
I		A		R			R	E	E	L	E	D
R	E	P	L	A	C	E	S		D		D	

Codebreaker

20 E	18 X	21 C	7 U	6 S	20 E	2 D		16 B	12 A	23 T	6 H	
20 V		8 H		22 Q		1 Y		7 U		14 O		9 L
20 E	18 X	20 E	21 C	7 U	23 T	20 E		3 R	14 O	7 U	23 T	20 E
24 N		6 S		20 E		10 I		24 N		3 R		24 N
23 T	10 I	23 T	9 L	20 E		24 N	20 E	23 T	23 T	10 I	24 N	5 G
				25 Z		5 G				6 S		23 T
6 S	10 I	9 L	26 V	20 E	3 R		6 S	16 K	20 E	23 T	21 C	8 H
7 U		20 E				8 S		10 I				
3 R	12 A	10 I	24 N	16 B	14 O	13 W		24 N	14 O	6 S	20 E	6 S
26 V		6 S		20 E		10 I		5 G		23 T		8 H
20 E	22 Q	7 U	12 A	9 L		23 T	12 A	2 D	11 P	14 O	9 L	20 E
1 Y		3 R		23 T		21 C		14 O		3 R		9 L
	19 J	20 E	23 T	6 S		6 H	10 I	17 M	6 S	20 E	9 L	1 F

Arrow Word

		C		D				A				
A	D	O	R	E		A	M	B	U	S	H	
	O	H		R	E	G	U	L	A	T	E	
F	L	O	R	A		A	D	E		O	R	
S	T	R	A	N	D		D		A	W	E	
	I	T		G		B	L	A	D	E		
	S		L	E	V	E	E		I		F	
A	H	E	A	D		L		M	E	G	A	
			C		C	L	E	O		O	U	
I	N	T	E	L	L	E	C	T	U	A	L	
	A	E		H	I	S		O	F		T	
E	T	N	A		Q		D	R	O	L	L	
	U	D		T	U	N	I	C		E	E	
T	R	E	B	L	E		S	A	L	E	S	
	E	R	I	C		A	C	R	O	S	S	

Sudoku

3	1	7	2	6	4	8	5	9
5	6	4	3	8	9	2	7	1
2	9	8	1	7	5	4	3	6
8	2	1	5	3	6	9	4	7
9	7	5	8	4	1	3	6	2
4	3	6	7	9	2	5	1	8
1	5	9	4	2	7	6	8	3
6	4	3	9	1	8	7	2	5
7	8	2	6	5	3	1	9	4

Maths Quiz

	3	4	4		2	3	4	
1		8	5	1		1		5
2	1	2		0		6	2	0
8	7		5	1	3		5	1
	2	2	6		4	1	0	
1		9		2	2	3		4
5	4	2		3		9	2	7
2	5		6	7	3		5	7
	2	0	4		1	0	4	

Go Figure

3	×	9	–	6	21
+		÷		×	
7	–	1	×	5	30
×		+		–	
2	×	8	+	7	23
20		17		23	

Jumbo Crossword

ACROSS: 3) BOAST 9) CURDS 14) TAROT 15) CAFE 16) KILN 17) WEIRD 18) DECOR 19) AIDED 21) STALKER 22) UTTERMOST 23) LEGUMES 24) SABRA 26) PEALS 28) FETA 30) NATIONS 34) ICED 37) ABDOMEN 40) CONGEAL 42) MINI 43) TOWARD 44) COUPON 45) ROLL 47) IGLOO 49) DURESS 51) SLUR 53) LAST 55) BRIDGE 56) LIE 58) SOS 60) FAT 61) BUG 62) COMMENTS 66) ENTHUSE 67) CALENDAR 70) SAYS 71) FORK 72) CARGO 74) BAT 76) STUDY 77) ORIGAMI 78) HOTHEAD 79) VITAL 80) LEE 81) HABIT 82) GAGS 84) ACTS 87) INITIATE 90) OUTCOME 94) YULE LOGS 97) DUE 98) ANY 99) NOW 100) BOW 101) COPIED 102) MATE 105) REIN 107) BEASTS 110) ADORN 112) VEND 114) BANTER 116) IBIDEM 119) GURU 120) GAZEBOS 121) SEMINAR 122) THEY 124) THROUGH 128) SETA 130) KOALA 133) ISTLE 136) EMPOWER 137) EBULLIENT 138) ARMLETS 139) RIVAL 140) TODDY 141) KAYAK 142) SERE 143) USER 144) KNELL 145) PLOTS 146) DEANS

DOWN: 1) CASTLE 2) KOHLRABI 4) OPERA 5) SCOUR 6) TARTAN 7) REJECT 8) AKIMBO 9) CLASPS 10) UNITE 11) DWELL 12) PECULIAR 13) BREEZE 18) DESPOT 20) DESIGN 25) BREW 27) ATOP 28) FUMED 29) TANTRUM 31) ANDIRON 32) IMPLY 33) NICOLAS 35) CLOUDED 36) DULSE 38) MOB 39) NAIL 40) CUPS 41) NOD 46) ISLE 48) URGE 50) SINS 52) USE 54) ATE 55) BULK 57) ETA 59) STABILITY 60) FURTHER ON 61) BAR 63) OVATION 64) MIGRANT 65) SYRINGE 67) COGENCY 68) NETBALL 69) ADDLING 73) EAU 75) STY 82) GAUD 83) ATE 85) TUB 86) SLOB 88) IMPINGE 89) IDES 90) OAT 91) UNEARTH 92) MORNING 93) EWE 95) EWER 96) OBSCURE 101) COVET 103) ANTS 104) MOTTO 106) IRIS 108) SAUNA 109) CAB 111) GEM 113) DAY TO DAY 114) BEAKER 115) NOVA 117) DEBT 118) MISERY 119) GASOLINE 123) HYMNAL 124) TABLES 125) RELIEF 126) UNIQUE 127) HINTED 129) TATTLE 131) ORIEL 132) LEAST 134) STORE 135) LADEN

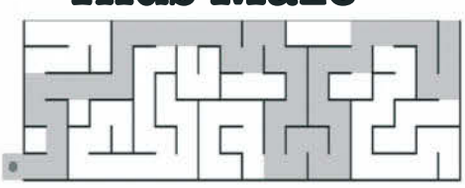
Killer Kakuru

9	3	8	1		1	3		4	2
4	1	6	2		2	1		3	1
	7	9	4	8	6		3	1	
1	2			9	7	8	1	2	3
3	4	1	2		9	5		5	1
		3	1				4	6	
	6	2				3	1		
1	5		7	9		1	2	4	3
2	3	1	8	5	9			2	1
	1	2		8	7	4	9	6	
3	4		8	6		1	8	3	9
1	2		9	7		2	7	1	5

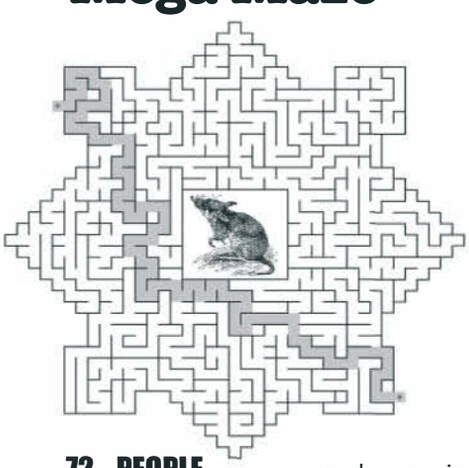
Celeb Wordmatch

GIANT		S	Q	U	I	D	RING
BUTTERNUT	S	Q	U	A	S	H	COURT
SWISS	C	H	E	E	S	E	BURGER
DRY	S	P	E	L	L		BOUND
WATER	C	A	N	N	O	N	FODDER
SAND	D	O	L	L	A	R	BILL
MAJOR	L	E	A	G	U	E	TABLE
FISH	K	E	T	T	L	E	BELL
DOOR	P	R	I	Z	E		FIGHTER
STICKY	T	O	F	F	E	E	NOSED
PUBLIC	H	E	A	L	T	H	CLUB
HAND		S	H	A	K	E	DOWN

Kids Maze



Mega Maze



Scramblers

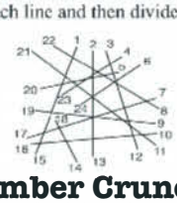
1. Great; 2. Feral; 3. Caress; 4. Insert

Today's Word

FRANTIC

Sticklers

There are 12 different lines. One way to solve this is to number the endpoints of each line and then divide by 2.



Number Crunch

1	9	4	+	1	1	3	=	3	0	7
+				+				+		
4	3		+	1	4	8	=	1	9	1
2	3	7	+	2	6	1	=	4	9	8

Missing Links

3	x	16
48	+	4
52	-	44
8	x	75
600	÷	100
6	+	12
18	x	28
504	+	56
560	÷	40
14	-	8
6	÷	2
3	x	165
495		

General Knowledge Blockword

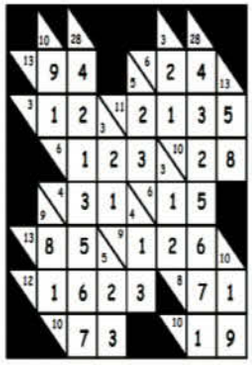
Sugaru

1	3	4	1	4
5	2	5	2	3
3	1	4	1	4
2	5	2	5	3
4	1	3	1	2

Monster Sudoku

C	0	B	E	6	3	9	A	D	2	5	7	4	F	8	1
9	7	1	6	B	2	5	F	3	4	8	C	0	A	D	E
A	D	F	2	7	8	0	4	1	E	9	6	5	C	3	B
3	8	5	4	1	C	D	E	F	0	A	B	2	7	9	6
2	A	7	0	3	4	6	8	B	C	E	D	9	1	5	F
8	F	E	3	5	D	B	9	7	6	1	2	A	0	4	C
5	C	4	1	F	7	E	2	8	9	0	A	D	6	B	3
6	B	9	D	0	A	1	C	5	F	4	3	7	8	E	2
B	9	0	8	D	F	7	5	2	1	6	E	C	3	A	4
D	5	6	C	4	1	A	B	9	7	3	0	F	E	2	8
E	1	A	F	C	0	2	3	4	B	D	8	6	9	7	5
4	2	3	7	E	9	8	6	C	A	F	5	1	B	0	D
1	3	D	9	2	6	F	7	0	8	B	4	E	5	C	A
F	6	2	A	8	B	C	D	E	5	7	9	3	4	1	0
7	E	C	B	A	5	4	0	6	3	2	1	8	D	F	9
0	4	8	5	9	E	3	1	A	D	C	F	B	2	6	7

Kakuru



Tatami

1	2	3	1	2	3
3	1	2	3	1	2
1	2	3	2	3	1
2	3	1	3	1	2
3	1	2	1	2	3
2	3	1	2	3	1

CrissCross

D	I	S	P	L	E	A	S	E		C	A	M	B	R	I	C	
I						R					M		A			O	
S	I	B	L	I	N	G		C	O	O	P		C			N	
M						U					H		H	A	L	F	
E	L	I	D	E		A	P	P	R	A	I	S	E			I	
M			O			B		O			B		L	A	W	N	
B	E	D	R	O	L	L		W	A	D	I		O			E	
E			M			E		E			A	F	R	A	I	D	
R	E	G	I	O	N		B	R	A	W	N			M			
E			C							R			A	G	A	P	E
D	O	Z	E	N		D	I	S	T	A	N	T		L		N	
		E				I				H			O		G		O
A		A	N	C	E	S	T	O	R		E	M	M	A		U	
L		L				B			I					M		G	
B	L	O	K	E		A	C	U	T	E		D	E	A	T	H	
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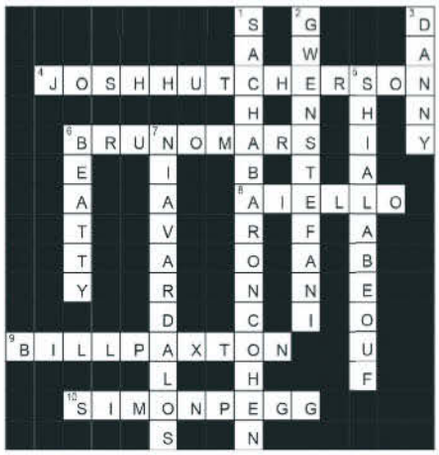
Celeb Crossword



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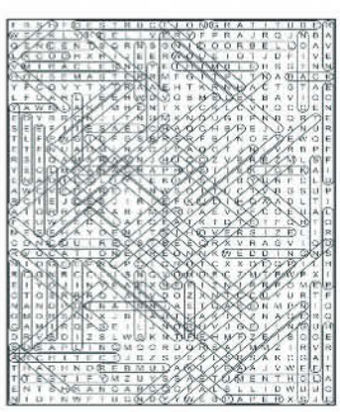
Giant Wordsearch



WordDoku

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C	V	O	L	B	E	X	Q	H
Q	L	X	O	H	V	B	E	C
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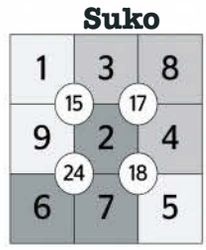

Crossword

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DOWN 1) FUMES 2) ROAST 4) BEES 5) STAIRS 7) DINER 9) TOMATO 10) PLAY 12) PIECE 13) ERECT 14) FUSS 15) THEIR 16) MUSES 17) SHOE 24) AFRESH 26) CANDID 27) MUTE 28) EJECT 29) TUFTY 31) TOTEM 32) UP END 33) DUNK 35) ABUT 36) STUB 38) YEARN 39) BLOOM 41) IGNITES 42) EARNEST 43) STEAMED 44) ANTIQUE 46) OSTRICH 47) ELYSIAN 48) ANALYSE 49) OPERAND 58) VALUE 59) ERROR 65) EXPORT 66) EATS 68) RELAX 69) GRAPE 70) TITAN 71) INLET 73) NEED 74) ENRAGE 75) ATOM 76) FAIR 82) WIDEST 83) LYING 85) OASES 86) SECURE 87) SLEEP 88) RIPER 89) TOSH 90) SCRAP 91) FLAT 92) NOTCH 93) RENEW 94) IDOL 96) SHUN

Spot The Difference

1. Collar is smaller 2. Birdhouse is missing 3. Pot is different 4. Sign is smaller 5. Scarf is different 6. Lamp is missing

Trivia Answers

TV Trivia 1. Sophie 2. True 3. Archie Leach 4. Hardison's death 5. Christine Kane 6. Alec 7. 5 8. She doesn't have one 9. Hardison 10. 1913

Trivia 1. Scotland 2. Nicola Sturgeon 3. Thomas Carlyle 4. Ten 5. Mary 6. The Chris Hani-Baragwaneth Hospital in Soweto 7. 3000 8. 1000 9. Hydrogen 10. Honey

Celeb Trivia 1. Zayn Malik 2. True 3. 24 4. Rihanna 5. Taylor Swift 6. Trevor Noah 7. Calvin Klein 8. True 9. Khloé 10. True

THE PEOPLE BEHIND people

EDITOR
Andrea Caknis
MANAGING EDITOR
Gabrielle Ozynski
CHIEF SUB-EDITOR
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SUB-EDITOR
Matthew Holland
FASHION EDITOR
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DESIGNERS
Matthew Engelbrecht
Ntokozo Mabaso
PRODUCTION EDITOR
Yvonne Albers
PICTURE EDITOR
Brenda Taylor
JOURNALIST
Warren Robertson
wrobertson@caxton.co.za
JUNIOR JOURNALIST
Eugenia Booi
eugeniab@caxton.co.za
ENTERTAINMENT EDITOR
Pearl Mphuthi
pearlm@caxton.co.za
DIGITAL EDITOR
Bridgette Matjuda
bridgettem@caxton.co.za
PHOTOGRAPHER
Tamika Miller
OFFICE MANAGER
Vera Fourie

CAXTON MAGAZINE EDITORIAL OFFICES:
Private Bag X005, Roosevelt Park, 2129.
Caxton House, 368 Jan Smuts Avenue, Craighall Park
Tel: (011) 889-0600
E-mail: people@caxton.co.za
Cape Town: (021) 530-8600
Durban: (031) 910-8500

MANAGEMENT
GENERAL MANAGER: Anton Botes
PRODUCTION MANAGER: Sada Reddhi
HEAD OF DIGITAL: Jana Kleinloog

ADVERTISING
GROUP ADVERTISING MANAGER: Eugene Marais
Johannesburg: (011) 293-6000
KwaZulu-Natal: (031) 910-5800
Cape Town: (021) 530-8600

CLASSIFIED SALES
Gary Wium (011) 889-0885
garyw@caxton.co.za

BOOKINGS AND MATERIAL/ MEDIA COORDINATOR
Danica Thomas: Tel (011) 889-0614
Fax 086 677 1306

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Horoscope Taurus

BY WILLIAM SMITH

April 21 – May 20

ARIES: Mar 21 – Apr 20
Your Week: It will pay to stay strongly in tune with your own conscience. You must do things your way, rather than toe somebody else's line. Your personal situation ought to improve immeasurably if you have a definite plan of action to pursue.
Taken: Whisper sweet words of love whenever you and your loved one touch – to cultivate closeness that endures.
Single: Try being sexy in a subtle manner if you want to attract new admirers.
Power Days: Tuesday & Wednesday (private affairs)
Lucky Numbers: 6, 8, 10, 15, 23, 39

TAURUS: Apr 21 – May 20
Your Week: This is time to get going again; to get on the road that leads to the fulfilment of your dream or plan because your vision is both broad and bright. Put the best of yourself into your endeavours so as to get results that satisfy and endure.
Taken: Cultivate a gentle and considerate bearing whenever you are with your sweetheart.
Single: Demonstrate the sensuous side of your personality, without coming on too strong.
Power Days: Monday & Tuesday (self-promotion)
Lucky Numbers: 5, 14, 16, 26, 30, 35

GEMINI: May 21 – Jun 21
Your Week: Supposing you are interested in artistic activities, this could be a round in which your creative talents come shining through. At least, you will be drawn to refined social activity or objects of beauty – perhaps even the human kind.
Taken: Project a great sense of humour in order to set the scene and delight your truelove.
Single: Resolve to enhance your image and thereby create a stir when you are socialising.
Power Days: Tuesday & Wednesday (money matters)
Lucky Numbers: 2, 17, 20, 29, 32, 46

CANCER: Jun 22 – Jul 23
Your Week: Be true to yourself and do what you think is best. If you know that you have done what you had to do, you need not worry about what others might say about you. If you have acted correctly, they will come around to your side again.
Taken: Savour fully satisfying and terrific amorous exchanges. Praise your one-and-only's good points.
Single: You can now fare pretty well by transmitting an aura of modesty, charm and mystique.
Power Days: Monday & Tuesday (agreements)
Lucky Numbers: 4, 12, 16, 25, 31, 42

LEO: Jul 24 – Aug 23
Your Week: Life is fully worth living so don't be afraid of it. Rather resolve to understand the meaning of life. You have your important role to play in the universal scheme. Go after what you desire and determine to enjoy it when you have it.
Taken: Always have interesting things to talk about. Underline romance with humour and passion.
Single: Brush up your body language technique and smile a lot. Then you are sure to gain admirers.
Power Days: Tuesday & Wednesday (family issues)
Lucky Numbers: 3, 11, 18, 22, 34, 45

VIRGO: Aug 24 – Sep 22
Your Week: Let your imagination loose because it could put you on the road to an important attainment. You yourself may be surprised to find how creative you can be when your artistic potential is unshackled. Make certain that you are noticed.
Taken: Show your partner that you can be an energetic participant in the game of love.
Single: Work on your seductive technique if you are hoping to attract loving attention.
Power Days: Monday & Tuesday (romantic activity)
Lucky Numbers: 8, 10, 15, 18, 27, 34,

LIBRA: Sep 23 – Oct 22
Your Week: Resolve to live healthily. Improve your diet so as to avoid taking in harmful toxins. Study nutrition with a view to getting yourself into super shape. Vow to maintain a regular exercise programme. Rhythmic movements are recommended.
Taken: Be sure to keep yourself in good shape if you want to be adored and appreciated.
Single: Life is so much sweeter and exciting now that you are feeling self-confident.
Power Days: Tuesday & Wednesday (health plans)
Lucky Numbers: 1, 3, 7, 11, 25, 32

SCORPIO: Oct 23 – Nov 22
Your Week: People who are able to lift your spirits and boost your fortunes are the ones to pursue. You are certain to improve your overall prospects by blending with those who are insightful and adventurous. Go along for the experience and fun.
Taken: The onus is firmly on you to make all aspects of your relationship as good as possible.
Single: Bear in mind that a good appearance is everything if you are out to have fun.
Power Days: Monday & Tuesday (shared tasks)
Lucky Numbers: 7, 9, 26, 34, 43, 47

SAGITTARIUS: Nov 23 – Dec 21
Your Week: You will not be satisfied with being second-best now that you are in a competitive mood. Personal magnetism and a strong urge to win ought to give you an edge over your rivals. Victory depends on you being both dominant and shrewd.
Taken: Be extra tender and sensuous when you and your lover are wrapped in each others' arms.
Single: Romance now thrives on bold expression so consign modesty and shyness to the sidelines.
Power Days: Tuesday & Wednesday (renewed efforts)
Lucky Numbers: 4, 11, 19, 30, 36, 49

CAPRICORN: Dec 22 – Jan 20
Your Week: Enrol for a class or read up on a subject you have always wanted to know more about. Look to the future – and take care of your future by making yourself as qualified as possible to compete successfully against your keenest challengers.
Taken: You will find it well worth being both your darling's lover and best friend.
Single: Amour now moves at high speed to a happy conclusion if you happen to be heart-free.
Power Days: Monday & Tuesday (planning ahead)
Lucky Numbers: 5, 10, 24, 26, 28, 37

AQUARIUS: Jan 21 – Feb 19
Your Week: You must gear yourself up to compete effectively at a higher level with regard to favourite activities. If you need to make a notable personal breakthrough, this is an opportune period for raising yourself up mentally and emotionally.
Taken: Habitually show the positive side of your personality whenever you are in your beloved's company.
Single: Try to be coyly different. This is when the old-fashioned romantic style works for you.
Power Days: Tuesday & Wednesday (career aims)
Lucky Numbers: 6, 16, 26, 32, 39, 46

PISCES: Feb 20 – Mar 20
Your Week: Close friends are currently particularly supportive, so do not hesitate to ask for any favours you might require. You could attract some new and interesting acquaintances if you earnestly desire and intend widening your social circle.
Taken: Let the music play on. Spin some romantic ballads in order keep the amorous mood going.
Single: Chances are that you will meet your dream lover if you get out and about more often.
Power Days: Monday & Tuesday (group action)
Lucky Numbers: 12, 21, 28, 30, 33, 48

ASTRO PROFILE

WHAT THE STARS SAY ABOUT...

DWAYNE 'THE ROCK' JOHNSON

MAY 2, 1972

AMERICAN actor and former professional wrestler Dwayne Douglas Johnson wrestled under various names before settling on The Rock, which he took from his father, also a pro wrestler, Rocky Johnson. He starred for World Wrestling Entertainment from the late '90s until 2003, then switched to action and comedy films such as *The Scorpion King, The Game Plan, Doom, The Mummy Returns,* and *Walking Tall*. A Sun Taurus with the Moon in Sagittarius, he certainly is as hard and tough as a rock, and has adventurous instincts driving him. Jupiter in Capricorn underscores his basic Taurean nature (practical and industrious) with a good business head and the knack of creating his own good fortune. Mars and Saturn in Gemini, plus Mercury in Aries, endows him with a lively, agile and calculating mind plus excellent mental and physical co-ordination. Venus in Gemini shows that he is a light-hearted and humorous romantic with fickle and flirtatious inclinations. Uranus in Libra and Jupiter in Capricorn favour his Taurus Sun, which bodes well for successful self-expression stemming from original and dramatic ideas. Having three planets in Earth element signs and four in Air element signs, he underlines his natural resourcefulness with impressive versatility.

PIC: GREATSTOCK

facebook.com/peoplemagsa

Entertainment

THIS WEEK'S FAB 5

BY PEARL MPHUTHI

people searches the entertainment world to bring you the hottest highlights of the week.

1

GET HARD

WHEN millionaire James King (played by **Will Ferrell**) is nailed for fraud and bound for serving time in San Quentin, he turns to businessman Darnell Lewis (**Kevin Hart**) to help prepare him for a life behind bars. With these two comedians acting alongside each other, you're bound to be rolling in the aisles! ***Get Hard releases April 30, 2015.***

2

AMERICAN DAD

THIS hilarious animated comedy revolves around Stan Smith, a CIA agent in Langley Falls, Virginia, whose main objective in life is national security. His family members, as well as a talking goldfish and a space alien who likes to play dress-up, keep him busy while he tries to prevent terrorist activity in the US. ***Catch upcoming episodes of American Dad Thursdays at 20h30 on Fox.***

3

COACH TRIP

THIS travel-meets-reality show that sees a group of contestants who've never met before thrown together on a dream holiday that could become a road trip from hell... Seven pairs of strangers, all from different backgrounds, become constant travelling companions on a six-week bus tour, taking in famous sights and holiday destinations. But, as is usually the case, eliminations must happen, and as the road trip progresses, the travellers decide on who'll be sent back home. ***Catch Coach Trip, weekdays from May 5, 2015 on ITV.***

4

NEW YFM LINE-UP

YFM has always gone against traditional choices and embraced the unexpected. This year the station introduces a diverse group of talented individuals who all uniquely resonate with the Y brand and its listenership. One of SA's hottest hip-hop DJs/producers **Lesego 'Speedsta' Nkaiseng**, etv's *Club 808* host **Cyprian Ndlovu**, and **Khanyi Mbau**, who needs no introduction, will all be joining the YFM family and will each host their own shows, kicking off from April. "Each of these talented individuals has built a profile in their respective fields, a platform on radio is a natural progression, and I believe that they will bring unique and refreshing perspectives to the radio audience," said programming manager, Pule.

5

THE WENDY WILLIAMS SHOW

VIEWERS will be delighted with **Wendy Williams**' distinctive and entertaining personality, as well as her diverse mix of interviews with celebrity guests from television, film, music and sports. Popular segments include 'Hot Topics' in which she delivers her own unpredictable, honest and authentic take on the most talked-about headlines, and 'Ask Wendy', which sees her offer real advice to audience members looking for guidance to everyday problems. **Wendy**'s sense of humour and winning personality will have her audience (and you) rapt throughout the show. ***Catch The Wendy Williams Show, weekdays at 19h55 on BET.***

PICS: AAI FOTOSTOCK / GREAT STOCK / WWW.ELITEPHOTOAGENCY.COM / MNET / PUBLICITY / NUMETRO / KYKNET / GALLO IMAGES / PAN MEDIA / INPRA / THE BIGGER PICTURE.

Seen On Set

YOUR backstage pass to the best movie and TV sets.

BACK TO WORK, ZOOEY

SPOTTED making her way on set is actress **Zooey Deschanel**. The 35-year-old brunette star was seen in Los Angeles filming the fifth season of her famous and fabulous show *New Girl*. She plays Jess, a bubbly offbeat teacher who suffered a bad break up and now lives with three single men. The sitcom is a must-see and will definitely put a smile on your face. The release date for the upcoming season has not yet been announced.

FUN FACT
ZOOEY began sewing her own clothes in high school because she had a strict allowance.

WASSUP, VINCE?

YOU know he means business when he's wearing a suit! We're used to watching him on comedy movies, but this time around actor **Vince Vaughn** pulls on a straight face with his new project, the second season of *True Detective*. **Vince** will be playing Frank Semyon, a career criminal, and will star alongside **Colin Farrell**, **Rachel McAdams** and **Taylor Kitsch**. We can't wait to see the usually funny man in some serious action! Though we're still not sure when that might be...

FACT
VINCE lost a piece of his thumb in a car accident.

PIC: SARAH WEBB

FACT
CATHERINE is particularly concerned with the environment and wants to teach people how to be more self-sustaining through growing their own food.

CATHERINE'S GOT STYLE

5FM's **Catherine Grenfell** was seen on the set of her exclusive shoot in Braamfontein, Johannesburg wearing famous British shoe brand Dr Martens. She's the only South African to receive a pair of customized boots, which landed directly from London, and fans get to see her quirky side – **Catherine** designed the boots herself. She'll be starting a trend soon!

Celebs Having Their Say On Twitter...

You Said What?

"My dad is such a G. Abbreviating Thank You in to T Y when texting... Took me a while to figure it out, but hi5 on saving characters Papa." – **Sade Giliberti**

"I removed sms notifications in my personal account so the debit orders don't hurt as much." – **Tebello Motsoane**

"Even if you woke up feeling down, remember that it's a blessing to be alive and that God is still good!" – **Khanya Mkangisa**

Movie Of The Week

THE DUFF

Starring: Mae Whitman, Robbie Amell And Bella Thorne

★★★

BIANCA, (**Mae Whitman**) is a content high school senior whose world is shattered when she learns the student body knows her as 'The DUFF' – the Designated Ugly Fat Friend – to her prettier, more popular friends. Now, despite the words of caution from her favourite teacher, she puts aside the potential distraction of her crush, Toby, and enlists Wesley (**Robbie Amell**), a slick but charming jock, to help reinvent herself. To save her senior year from turning into a total disaster, Bianca must find the confidence to overthrow the school's ruthless label maker Madison (**Bella Thorne**) and remind everyone that no matter what people look or act like, we are all someone's DUFF.

The Duff releases May 1, 2015.

SERIAL (BAD) WEDDINGS

Starring: Christian Clavier, Chantal Lauby And Ary Abittan

★★★

MARIE and Claude Verneuil are old-school! But this respected upper class couple's three elder daughters – Isabelle, Odile and Segolene – made multicultural marriages to Rachid, David and Chao, respectively! So when the youngest daughter, Lauren, announces her intention to marry Charles, her parents are delighted that they'll finally be part of a traditional wedding... until Laure informs them that Charles is from Africa, and something snaps. Marie plunges into total meltdown and Claude plots to sabotage the wedding, finding an unlikely ally in Charles' father, Andre, who agrees with them on only one thing: what did they do to deserve this?

Serial (Bad) Weddings releases April 30, 2015.

INTO THE WOODS

Starring: Meryl Streep, Emily Blunt And James Corden

★★★

BASED on the hit Broadway musical by James Lapine and Stephen Sondheim, *Into The Woods* sees a baker (**James Corden**) and his wife (**Emily Blunt**) learn that they've been cursed by a witch (**Meryl Streep**) into being childless. They must venture into the woods to find out how to break the spell so they can start a family. Along the way, they encounter well-known characters from a variety of the Brothers Grimm fairy tales, including *Rapunzel* (**Mackenzie Mauzy**), *Little Red Riding Hood* (**Lilla Crawford**) and *Cinderella* (**Anna Kendrick**).

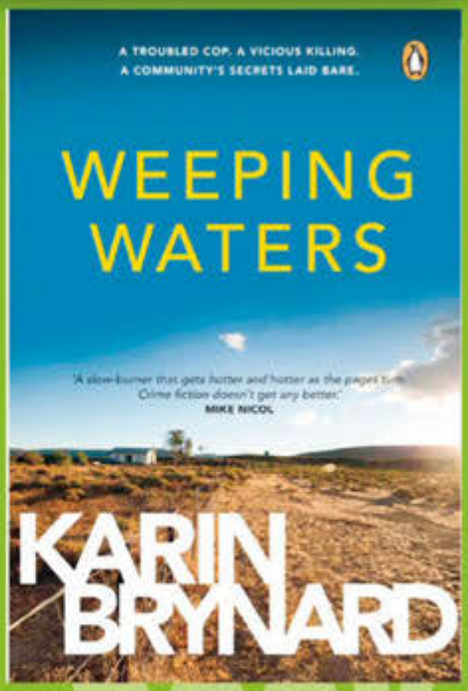
DVD

WEEPING WATERS

Author: Karin Brynard
Translated by Maya Fowler And Isobel Dixon

★★★

INSPECTOR Albertus Beeslaar has left the ruthless city, only to have his hopes of finding peace and quiet in the Kalahari shattered by the brutal murder of artist Freddie Swarts and her adopted daughter. But Freddie's journalist sister Sara is not convinced that this was a typical farm attack. Amid a spate of stock thefts, Beeslaar must solve this high-profile crime, all the while training his two rookie partners, Ghaap and Pyl. After more murders, the disturbing puzzle grows increasingly sinister, as age-old secrets and hostilities surface, spurring the local inhabitants to violent action. No one is above suspicion, not least the mysterious Bushman farm manager and falconer, Dam.



BOOK

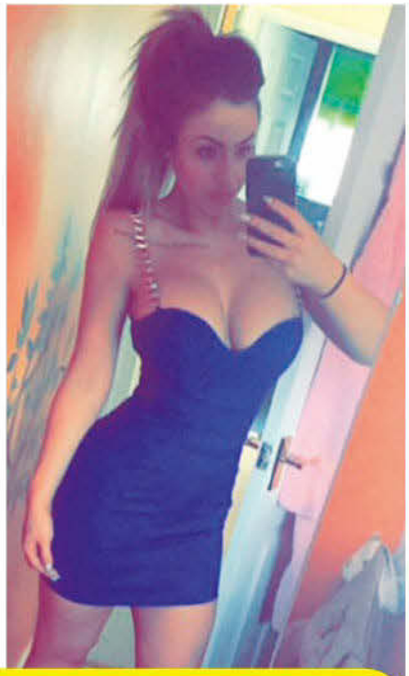
Say Hello To The *Geordie Shore* Skinnies!

IT'S impossible not to notice how fabulous these reality star lasses are looking these days!

CHARLOTTE CROSBY

Then: Size 16
Now: Size 8

THE star has recently been showing off her teeny-tiny waistline on social media and we got to admit she looks delish. The 24-year-old ditched junk food and fizzy drinks – and even alcohol – and invested in a personal trainer. The pics say it all!



HOLLY HAGAN

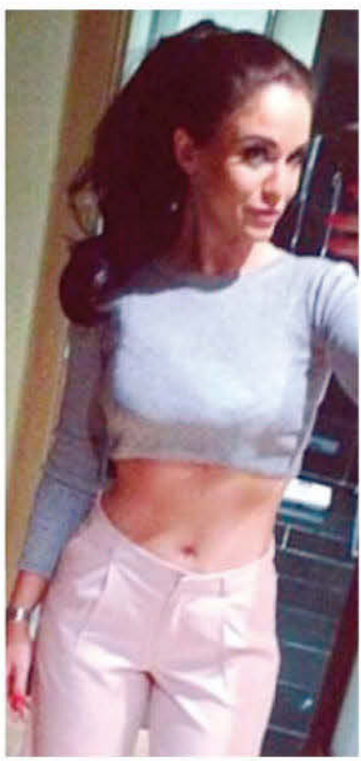
Then: Size 16 Now: Size 8

WHAT more can we say about this flamboyant beauty that isn't said by her pics? We've seen the petite star flashing her physique in her sexy dresses striking catwalk poses. **Holly**'s exercise regime consists of squats, lunges, and she keeps slim by eating small portions. That's what you get when you ditch fast foods and booze!

MARINE SIMPSON

Then: Size 12 Now: Size 8

THIS star was inspired by her fellow castmates and has worked hard to achieve her new look. She is seen showing off her staggering body transformation – having lost almost 10kg four weeks after she started working out!



VICKY PATTINSON

Then: Size 16
Now: Size 6

VICKY has really had jaws dropping with her weight loss (not to mention the boob job she topped it all off with). As you can see, she loves flaunting her new frame – but we're a little worried she might get carried away... she's looking a little on the *too*-thin side!

The Young, The Wild, And The Filthy, Filthy Rich!

SEE what it's like to be one of South Africa's young and privileged kids – #NiceLifeProblems!

YOU'VE seen how the spoiled brats on the other side of the pond handle a life of luxury – now it's time to shift your eye to something a little closer to home.

Rich Kids is an upcoming series that will showcase the extravagant lives and costly habits of South Africa's wealthy whippersnappers! Get familiar with how they spend their time and, more importantly, their moolah! You'll get the chance to see the faces behind the fortunes. Take a closer look into these young spenders' lives and get a better understanding of their reality and the personal challenges they face.

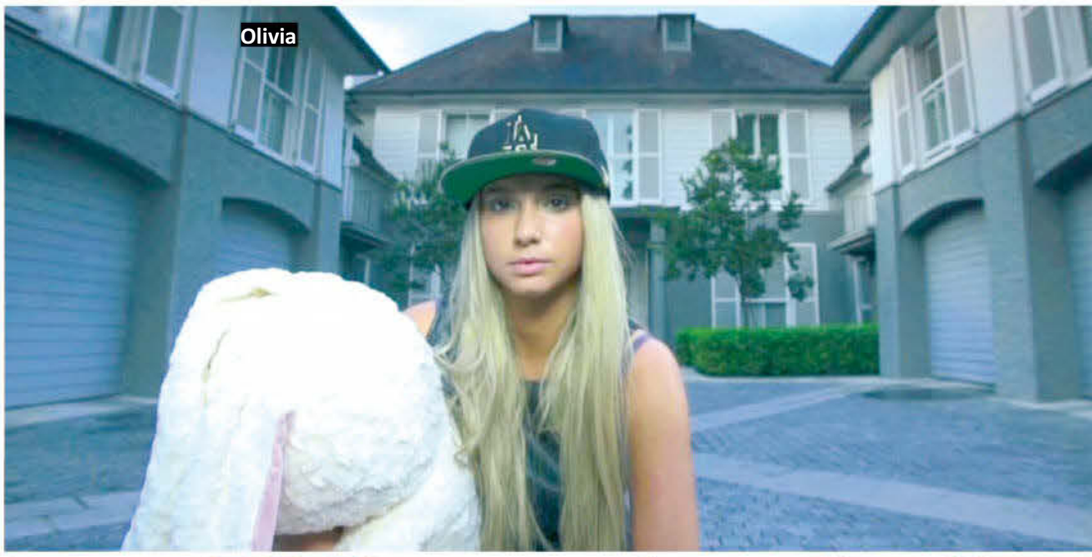
But spending habits aside, just who are these kids, and what are they like? Keeping the viewers in suspense, the identities of the limelight-seeking rich kids featured in this 10-part series are still under wraps – except for unashamed mavens of the good life – Bob and Don. The Tshwane-based brothers are total opposites, but if there's one thing they have in common, it's their love for all the extravagant things that money can buy!

Meet Bob, a calm and friendly young man with a vain streak and a wallet-draining passion for fashion and designer brands. Meanwhile, Don is rebellious and endowed with a zest and confidence that can quickly turn into arrogance. As befitting a rich kid, Don is also mad about expensive sports cars.

Expect partying, Instagramming, champagne, dancing, posing and even more extravagant shopping as the camera follows the likes of Bob and Don through clubs and shopping malls, car showrooms and expensive restaurants.

Vuzu AMP viewers will have a front row intimate understanding of the challenges that even the wealthy have to face. As famous rapper **Notorious B.I.G** once said: "Mo money, mo problems!"

Tune into Rich Kids every Thursday at 19h00 on Vuzu AMP.


Olivia

Napa

Bob and Don

Off The Record With...

BY EL BROIDE

WE chat to musicians making waves in the SA music scene!

Howie Combrink

HE'S been in the music business for a while, but Howie Combrink has only recently released his debut album, with *Eat It While It's Hot* having come out just late last year. While he's still performing with Watershed as their drummer, **Howie** felt it was time to explore a solo project – which has already earned him a SAMA nomination! El chats to the star.

You're officially a SAMA-nominated artist. What went through your head when you found out?

Well, it came as a shock to be honest. I was invited to the press announcement conference and thought, "Let me just go and network a bit," and next thing I knew they announced my name as a nominee for the 'Best Adult Contemporary Album' and shortly thereafter they announced me as a nominee for the 'Best Newcomer of the Year'. I still have to remind myself because it's a very surreal experience – especially because I'm a huge fan of the guys I'm up against. It is a great honour to be on the same list as **Jeremy Loops** and Beatenberg.

How important are award shows such as the SAMAs to you?

For me it's a massive thing because the SAMAs is our country's biggest music award show, and just to be on that list gives me so much encouragement. The nominations have made me realise that we are on a long road and our goals sometimes seem far away, but before you know it, with a bit of hard work and dedication you can achieve what you want to achieve, and reach the goals you have set.

Your debut album *Eat It While It's Hot* has impressed the country. What is it about the record that resonates with so many?

It's an album of positivity and good vibes. I was in a very happy place when I wrote the songs and recorded the album, so hopefully that is something the listeners will pick up on. I believe if you're in a good place while recording, the listeners will get that feeling from your music.

How would you describe your sound?

My music is very acoustic-driven and has a touch of reggae. I also enjoy energetic music and music with a bounce, so I guess that is something that's showcased on my album. There are bluesy elements to it as well, due to my growing up and listening to a lot of blues, but I would by no means refer to myself as a 'blues artist'.

You shot the video for your new single *Change* at the Maboneng Precinct in one shot. Tell us more about that

To be honest, I didn't know it was going to be a one-shot video until I arrived on set in the morning. The concept of the song is to join forces and march forward and make a difference in the world, and what we wanted to achieve with the video was that no matter who you are, there is a place for you in this world and you can make a change.

If you could have performed any song by another local artist, which song would it be, and why?

Great Heart by **Johnny Clegg**. As a child I remember watching *Jock Of The Bushveld* and that song really touched me and was a big inspiration for my music. I still to this day, listen to that song over and over and I think one day I might add it to my set.

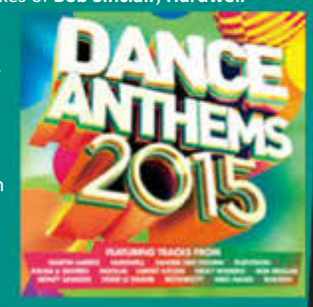
What can we expect from you over the next few months?

A lot of touring. I just want to get my album out there and showcase it as far and as wide as possible. I've also been writing a lot lately and will probably start recording really soon, although there won't be any new albums this year. But as for 2016 – who knows? There just may be something new to put out.

Dance Anthems 2015
Various Artists

★★★

EVERY few months there comes an album filled with some of the hottest EDM tracks released over the past few months and *Dance Anthems 2015* is exactly that. This album has tracks from the likes of **Bob Sinclair**, **Hardwell** and **R3hab**, although the majority of the tracks are from as yet unknown talent. The music is banging, and is the perfect way to start off a night out. That being said, if you love the commercial EDM tracks that you hear on radio, this album probably isn't going to be for you.



El's Favourite Track: Blasterjaxx – Hollow

Reflection
Fifth Harmony

★★★★

BESIDES Alex & Sierra, not many acts from *The X Factor US* have managed to make a career from their time on the show. Girl-group Fifth Harmony, however, have come out tops and have just released their debut album, *Reflection*. The album was preceded by the smash-hits *Bo$$* and *Sledgehammer*, and the girls have managed to put together a fantastic pop record. The tracks are catchy, but don't have the cheesy sound common in so many pop offerings of late. The production is also brilliant and Fifth Harmony have proved that the wait was worth it.

El's favourite Track: Worth It (Feat. Kid Ink)

American Beauty / American Psycho
Fall Out Boy

★★★

BELIEVE it or not but *American Beauty/American Psycho* is Fall Out Boy's sixth studio album! They performed at the I Heart Joburg music festival last year and blew us away and we were so excited to get some new music from the band. Tracks such as *Centuries* and *Irresistible* prove that the band know what music people out there want – and they will give it to them! Instrumentally, this is one of their best albums. It's energetic, fast-paced and brilliant. This record, although not as commercial as their previous work, is one of the band's best.

El's Favourite Track: Uma Thurman

Leverage airs Thursdays at 15h48, on Sony Channel.

TV QUIZ

1. Which member of the team is known only by her alias?
2. True or False: star **Christian Kane** is a country singer.
3. Who was revealed as NOT being Parker's biological father?
4. According to Nate, what is 'plan M'?
5. Which actor plays Eliot Spencer?
6. What is Hardison's first name?
7. How many people are there on the Leverage team?
8. What is Parker's first name?
9. Who loves gummy frogs and orange soda?
10. Leverage Consulting & Associates was founded in what year?

TRIVIA

1. In 1872, which country played England in the first ever international game of football?
2. Who became First Minister of Scotland after Alex Salmond's resignation?
3. Who said: "The history of the world is but the biography of great men."?
4. How many hurdles are there in a 400 meters hurdles race?
5. In 1811, nearly a quarter of all the women in Britain were called what name?
6. What's the biggest hospital in the world?
7. How many kinds of snakes are found in the world?
8. How many years are there in a millennium?
9. What is the first element on the periodic table of elements?
10. Bees create what sweet substance?

CELEB QUIZ

1. Which former One Direction member is set to get hitched?
2. True or False: Supermodel **Jourdan Dunn** is going bald.
3. How old is **Iggy Azalea**?
4. Which Barbados beauty was caught staring at **Nicki Minaj**'s boobs?
5. Who plans to collaborate with **Calvin Harris**?
6. Which local hottie will host *The Daily Show* in America?
7. Which designer announced his limited edition denim series featuring **Kendall Jenner**?
8. True or False: **Angelina Jolie** plans to adopt triplets in SA.
9. Which **Kardashian** sibling uses a pregnancy cream to tighten her neck?
10. True or False: **Eva Mendes** plans to launch a baby line.

BINNELANDERS

AN honest discussion uncovers a few bitter truths. Pippa feels uneasy about what was left for her, and Zadie can't believe what she is hearing. Ivanka hopes the stranger will return, and a secret visit is the catalyst to a lot of questions. Jana needs to deal with her joy and disappointment at the same time. The mine's lawyer is at loggerheads with Maggie. Once again, Karli manages to land on her feet, but Okkie is stumped. A lawyer tries every trick in the book to coerce co-operation from a certain doctor, and a nurse falls very ill. Questions are asked about Ivanka, and someone has clearly had enough of the situation that they find themselves in. One nurse in the ER leaves another one with a huge headache, and Adelyn tries her best to make peace with Zadie. Morné realises there is something wrong with Liezl, and it is not a day of good news for Jana. It seems the Ferreiras are having transportation problems again, and Ivanka's joy is short-lived. Two brothers are probably better than no brothers at all. Gustav doesn't think that Herman is the right one for the task at hand, and a new Du Preez doesn't make friends on arrival. Zadie asks for Okkie's assistance with her dilemma, and Liezl has a suggestion on how Morné can make his guilt disappear. Ivanka is forlorn, and Jana's appointment is an insult to Gustav. Rian has advice for Herman, and a milkshake is good start.

Binnelanders, weekdays on kykNET and M-Net Terrestrial at 18h30.

SCANDAL!

SOMEONE Thembeka trusted is revealed to have been a very weak link. A game of subterfuge helps Anzani get back to a place she thought she never wanted to be in again. Gontse receives upsetting news but is talked into keeping quiet about it. Thembeka is forced to cave in to an expensive demand but is given no guarantee that she will not have to cough up more. A tentative commitment is made to saving Lerumo, but it can only be secured by a promise. Gloria jumps to a conclusion, which leaves someone in the dog box. Anzani barters with the devil to save the love of her life. Quinton and Thembeka agree on an important element of their wedding, but Thembeka's joy is short-lived. Gontse is forced to lie to keep the peace in her home. Anzani is forced to agree to something unspeakable to save Lerumo's life. Thembeka is faced with a sight that makes her realise she is dealing with a very serious threat. Someone's success means that Gontse and Ndumiso's hopes are dashed.

Scandal!, weekdays on e.tv at 19h30.

7DE LAAN

BRENDA P. pays a visit to Paula. Will she confess to her deeds? Diederik isn't keen on the idea of Bernard and Petro dating. Will Lynette restore her reputation? Marko sends Anna a bunch of roses to say sorry, and Bernard is acting strange after yesterday's flashback. Paula and Xander catch Brenda in *Hillside Times*. Herman doesn't buy Willem's stories. Will he put a stop to it, or will Willem get away with his tricks? Kobus admits that he was wrong about Lynette. Sonja is worried that her savings aren't enough to get them through the month... Things are heating up between Anna and Marko. Altus is back to his old self.

7de Laan, weekdays on SABC 2 at 18h30.

RHYTHM CITY

DOC suspects that Lerato sold him out to David. Sabelo takes Emmanuel into the heart of shack land to sell his merchandise. Rose suspects that Jafta cheated on her. Solomon sends a shocking message to all the members of the casino deal. Lerato tries to cosy up to Doc. Sis Bee confesses to Jafta that she might have had a hand in Rose's suspicions. Sabelo makes Emmanuel smoke nyaope without him realising it. Doc finds himself with no choice but to follow David's orders, and finds out the truth about Lerato. Bash comes down heavy on Emmanuel for his behaviour. Doc kicks Lerato out of his house. Sabelo tries to tempt Emmanuel into petty crime. Sis Bee's conscience is troubling her and she eventually confesses to Rose.

Rhythm City, weekdays on e.tv at 18h30.

ISIDINGO

NIKIWE digs deep to be brave as she prepares to be open with her father that she is in an alliance with Barker. Brad and Priya agree that they cannot cross the line, but the attraction between them grows. Charlie has had enough of Lerato's nonsense and decides it's time for a showdown. There's high drama at the Ultra Deep as father and daughter go to war. Priya and Brad's sizzling flirtation threatens to explode. Calvin witnesses the escalation of the conflict between Charlie and Lerato. Nikiwe wins in the boardroom but may lose her family. Priya and Brad are confronted with the reality of their relationship. Calvin's well-meaning efforts fail and Lerato and Charlie are on a collision course. Family or business: which means more to the Sibekos and how far will they go to get that they want? The attraction between Priya and Brad reaches boiling point. The fight between Charlie and Lerato gets really dirty.

Isidingo, weekdays on SABC 3 at 19h30.

THE BOLD AND THE BEAUTIFUL

WYATT tells Hope that he cannot stand the thought of losing her while Liam tells Quinn that he is the better man for Hope and that one day she will realise that. Katie pulls Donna into the middle of her fight with Brooke. Brooke and Bill speak from their heart to Karen about why Bill should be reinstated as CEO of Spencer Publications. At the office, Justin wants more access to the Spencer files but Katie is wary of his loyalty to Bill. As Aly speaks to Darla about her kiss with Oliver, a distrusting Maya records Oliver's conversation with her about his intentions towards the young Forrester heiress. Later, Oliver finds Aly by the Forrester pool and convinces her to help him with an underwater photo project. She opens up about herself to her new love. Later, Oliver and Aly play in the pool with an underwater camera. Maya attempts to get Carter on board with her about Oliver taking advantage of Aly but instead of taking her side, he wonders what the real reason is that his fiancée is so invested in Oliver's behaviour. Quinn is moved by Wyatt's response when she queries him about why he didn't propose to Hope. When Liam arrives, he and Quinn trade insults. Brooke and Hope discuss how her recent predicament would affect Hope's relationship with Wyatt.

The Bold And The Beautiful, weekdays on SABC 3 at 17h30.

Harriet Manamela is Meikie Maputla in *Skeem Saam*

SKEEM SAAM

LELO continues to turn Kwaito's life upside down. John and Meikie have grave concerns about Leeto. For Nimza – when it rains, it pours. Ma Ntuli struggles to hold it together around Kwaito, and is shocked by the news of a planned march in support of Lelo. Enhle has a surprise in store for her. Leeto is shocked by how quickly things start to go wrong. Mapitsi is pushed to breaking point when she sees a picture of Enhle and Tbose on Facebook. Charles realises that money has been stolen from the shop. Mokgadi has a surprising effect on Meikie and John. Enhle makes a startling discovery. Kwaito comes face-to-face with his biggest enemy. Ma Kunutu and Charles take drastic action against Nimza. Mapitsi's jealousy turns confrontational.

Skeem Saam, weekdays on SABC 1 at 18h30.

TELL US YOUR STORY.
E-mail eugeniab@caxton.co.za.
WE PRINT, WE PAY!

'THE DAY I WAS RAPED'

A YOUNG woman recalls how misplaced trust in someone she'd met led to her being raped.

BY ANONYMOUS; EDITED BY MATTHEW HOLLAND

"ON October 25, 2011, I was raped by an acquaintance. He and I had both attended the same party, and I had asked him to walk me halfway to my house – it was the first party I'd ever attended, and I wasn't feeling comfortable because there were a lot of people. I was surprised at the number of people, actually, because the hostess has assured me that she would only be having a few friends.

My acquaintance agreed and I thanked him for being so generous and understanding – not everyone would leave a party and accompany someone late at night. We walked a short distance and then he said he wanted to fetch something from the car. His vehicle was in a spot completely deserted, and I asked him why he and his friends had parked so far away. He claimed he didn't want drunkards damaging the car, which sounded perfectly reasonable. He asked me if we could get inside – he wanted to show me something.

Once I'd got in with him his behaviour changed. He started touching me. I told him to let me out, to let me go back to my friends, but he said nothing. Instead he began sniffing me and kissing me and that's when I started to cry. He became very aggressive and pinned me down with the palms of his hands, and pulled my hair when I tried to fight him off. He told me not to make things difficult. "The sooner we get done with this, the sooner you go to your friends. I know you want this more than I do. You're just playing hard to get." I told him I wasn't ready yet to have sex. I begged and screamed at the top of my voice. He used his one knee to pin me down by my stomach, and he undressed me. He pulled my underwear and stockings below my knees, took out his wallet and retrieved a condom. I prayed, cried, screamed. I said everything I could think of to stop him – I even told him that it was my first time, so I'd be terrible and he wouldn't enjoy it...

> 'I know you want this more than I do. You're just playing hard to get.'

When I got back to my friends, I tried to act normally and pretended like nothing had happened, but they could tell something was terribly wrong. They could see my face was swollen and my eyes were red from crying, but they thought that perhaps I'd been mugged on my way home. I asked them to call my sister to come to fetch me. I was sore and my underwear and stockings were wet with blood. I couldn't walk properly.

I shivered, and a lot of things were going through my head – should I tell my parents? Should I tell my boyfriend? I decided not to do either. I felt they wouldn't care or understand. They'd decided to keep quiet about it like they did my suicide attempt and my mom's pregnancy with me – because my granny sweeps her children's demons under the carpet; she wants to be seen as the almighty of the community – always perfect. And I didn't want people to pity me.

I also decided not to lay charges because I wouldn't have been able to face him in court. Besides, his family was wealthy, and he'd be able to get the best lawyer. And with his charm and his smile he'd get off scot-free, while my reputation would be left in ruins.

But, over and above all that, I decided not to tell anyone because, when it came down to it, I blamed myself. Perhaps I'd given him the wrong impression... I had this voice at back of my head saying, "If you hadn't asked him to accompany you home, if you hadn't attend the party or got into his car, none of it would have happened."

Before all this I was happy person – outgoing, talkative and friendly. All that has changed. I feel cursed. Why me, God? Why me? I can't even look my self in the mirror, I'm disgusted with myself. I don't feel safe anywhere I go. I have to look over my shoulder all the time, and I cannot walk alone."

HAVE YOU SEEN THEM?

THE largest number of missing children worldwide are runaways, then family abductions, being lost or injured, and non-family abductions.

GEORGE NKUNA
Disappeared: January 23, 2015
Age: 55
George left home in Kabokweni and has been missing ever since.

STULELE GWATYU
Disappeared: March 9, 2015
Age: 76
Stulele left home in Vosloorus and has been missing ever since.

EDWARD TLOUYAMMA
Disappeared: March 4, 2015,
Age: 35
Edward left home in Gauteng and has been missing ever since.

FRANCOIS JEAN RICHARDS
Disappeared: February 11, 2015
Age: 56
Francois left home in Alberton for Randfontein and has been missing ever since.

HELPLINES

POWA: Telephone: (011) 642-4345/6
E-mail: info@powa.co.za
Web: www.powa.co.za
Rape Crisis (021) 447-1467
E-mail: info@rapecrisis.org.za
Web: www.rapecrisis.org.za
Lifeline (011) 715-2000 / 0800 012 322
Childline 082 233 2333 or 0800 055 555
SAPS Family Violence, Child Protection And Sexual Offences Unit (FCS) (011) 403-3413
Teddy Bear Clinic (011) 481-5161
Aids Helpline 0800 012 322, or (011) 880-0405
Web: www.aidsinfo.co.za
Anorexia and Bulimia Family Support Group (011) 640-1965
Web: www.edsupport.co.za
Cancercare Centre (011) 646-5628
SA Depression & Anxiety Support Group (SADAG) (011) 783-1474 or (011) 884-1797
Alcoholics Anonymous South Africa (011) 452-9907
SANCA (011) 482-1070
Gamblers Anonymous 0800 006 008

IF you think you've seen any of these people, or would like to report a missing person, contact the Bureau For Missing People on (012) 393-2005, or fax (012) 393-2012. Missing people can contact the bureau to let them know they're alive and well – even if they don't want to get in touch with family.

IN South Africa alone, almost 1 000 children are reported missing every year. The actual figure is probably much higher. Currently the police have an 82 percent success rate finding the children. Ideally they'd like to achieve a 100 percent success rate. But they need your help! Have you seen any of these people?

facebook.com/peoplemagsa

Dear people

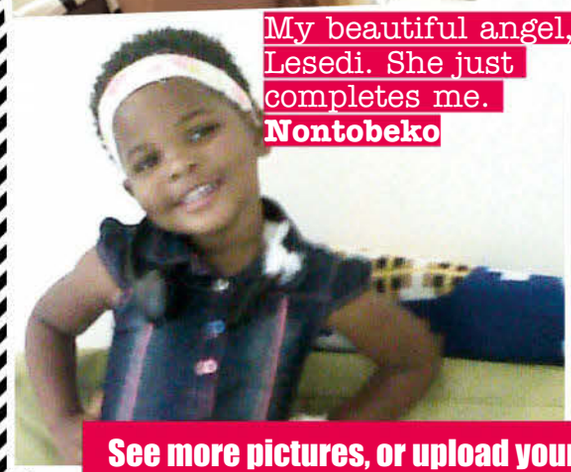
HI everybody! Send only one pic to Dearpeople@caxton.co.za with your name and a caption, and put the photo category in the subject line. If your pic doesn't appear on our Dear **people** page, go to the Dear **people** gallery on our website (www.**people**magazine.co.za) where you can upload your own photos!

This is baby Ilithyia Czeguhn at just seven weeks old. **Jessica**

My beautiful eight-year-old niece Haylea-Jae loves make-up – just like her aunty! **Justine Saunders**

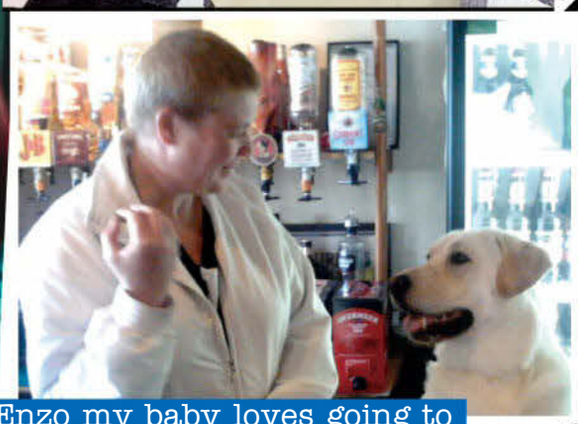
Best mates Sarah, Zaydia, Selwyn and me at the cricket. **Brandon Lorenzo**

My sister Kylie, my mom Marlene, and me – the Three Musketeers! **Lee-Ann James-Everett**



My beautiful angel, Lesedi. She just completes me. **Nontobeko**

This is me and my mother. I love her to bits. **Nemone Williams**



Enzo my baby loves going to my local pub with me, and loves helping the bar lady. He only goes once a week, though! **Mike Dowd**

See more pictures, or upload your own on www.peoplemagazine.co.za .

Reality Bites

BY EL BROIDE

NEWS and views from the world of reality television.

Meet The Two New Geordies!

WOOHOO! The 10th season of *Geordie Shore* is almost upon us, and while this is **James Tindale**'s last season, the producers of the show have added two new faces into the mix in the form of **Chloe Etherington** and **Nathan Henry**. **Chloe** describes herself as 'wild, crazy lightweight, who is random and canny, down-to-earth', and while she seems all sweet and innocent, her past with Scotty T is sure to cause some fireworks this season. **Nathan** will become the show's very first bisexual cast member. He's a self-confessed 'reality television w****', is currently 70 percent in favour of guys and so is looking forward to pulling everyone in sight – including one tattooed housemate… **Aaron**'s not going to know what's hit him.

Teen Mom 2's Leah Messer Heading To Rehab?

DOES the drama *ever* end for **Leah Messer**? The 22-year-old *Teen Mom 2* star and mother of three is in the midst of a crippling drug addiction – and now, the star may be forced to enter a rehab facility if she wants to keep custody of her children. "She's popping pills all day long," a source close to **Leah** revealed. "She's confessed to Jeremy [Calvert, her estranged husband] that she has a problem, and knows she has no other choice than to go to rehab immediately." The source adds that **Leah** has struggled with pill abuse in the past, specifically Lortab, the narcotic pain medication, and she is also currently abusing Xanax, the highly addictive anti-anxiety medication.

The Great South African Bake Off – Coming Soon!

YES! One of our favourite BBC Lifestyle shows *The Great British Bake Off* is getting a local-is-lekker spin-off! The channel has commissioned *The Great South African Bake Off*, with South African bakers now being able to apply to be a part of the first season, which will be broadcast later in the year. The South African version, which will be shot in Johannesburg, will be the 18th country to receive a spin-off of the original show and we honestly can't wait to watch our local amateur cooks bake off against each other. The first season will consist of 10 nail-biting episodes. Want to be a part of it all? Anyone over the age of 18 can audition for a spot on the show: simply head to bbcsouthafrica.com before 24 May for your chance to participate. The *Great South African Bake Off* will be BBC's second local TV show in South Africa after the incredibly popular *Come Dine With Me South Africa*, and will see amateur South African bakers not just whipping up tiered cakes, but trying their hand at some South African confections, too, ranging from koeksisters, malva pudding and milk tart to perhaps a traditional Sotho wedding cake. Bring it on!

WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK

On The Box This Week

Breaking Amish: Brave New World, Wednesdays at 20h00 on TLC

MIRIAM'S return brings the family back together this week while **Bates** focuses on his acting career, although he can't get over the fact that his mother no longer gives him the support he needs.

The Real Housewives Of New Jersey, Fridays at 17h00 on Vuzu Amp

IT'S Christmas time for the real housewives, and this week **Melissa** does her best to try keep the Christmas traditions alive, despite living in a rental home. **Dina** feels more alone than usual as her daughter applies for college.

Celebrity MasterChef, Saturdays at 19h40 on BBC Entertainment

THIS week our celebs need to cook one of **John Torode**'s recipes in one of the most nail-biting challenges yet! This is all before they need to cook their own two-course menu! Yikes!

Off The Track

BY VANESSA PAPAS

WE score with the hottest sporting gossip from around the world!

Remembering The Boston Marathon Bombings

TWO years ago, on April 15, marked one of the most horrific tragedies the world of sport has ever seen – the Boston Marathon bombings. Runners, spectators, tourists and more were expecting to celebrate this famous race but were halted by an act of terrorism. Two pressure cooker bombs exploded near the finish line on Boylston Street, killing three people and injuring an estimated 264 others. Video footage revealed Chechen brothers Dzhokhar Tsarnaev and Tamerlan Tsarnaev had planted the bombs. While fleeing, the pair killed a policeman, carjacked an SUV, and initiated an exchange of gunfire with law enforcement. During the shootout Tamerlan was shot several times and was subsequently run over by his brother in the stolen SUV in his escape. He was pronounced dead at the scene. Dzhokhar was arrested and earlier this month found guilty on all charges. He faces the death penalty or a life sentence without the possibility of parole.

Gerrard Hammered On Twitter

'SEETHING': that pretty much sums up the feeling fans have after Liverpool's English midfielder and Captain **Steven Gerrard** lost the FA Cup semi-final between Aston Villa and Liverpool at Wembley stadium in London. Disappointed, angry and upset tweets, most of them hammering **Gerrard**, continue to flood Twitter, slamming the player for not steering the team in the direction of the trophy.

Not Medal-Worthy

IT'S one of the most prized trophies in the history of sport but a Sao Paulo soccer player traded in his World Cup medal to buy drugs. Former Brazil international 65-year-old **Paulo Cesar** has admitted he sold his World Cup winners medal from 1970 to buy cocaine. "I wasn't in control emotionally. I should never have negotiated and sold such a precious medal," he said. "It's a huge loss. I've never told anyone but now I'm ready to admit it. The most important thing for me was cocaine. The medal was less important." **Cesar** was addicted to drugs and alcohol for 17 years and had lost three apartments in Rio because of it. His addiction led him to drug trafficking. Between 1985 and 1993 he was imprisoned in the city of São Paulo, Brazil, where he was diagnosed HIV-positive. Today, **Cesar** is free of drugs and is sticking to his HIV treatment. He works as a volunteer for Hipupiara, contacting drug users in the city and referring them to treatment and assistance services.

Burger Wins Global Award

BOK **Schalk Burger**'s fighting spirit, from the rugby pitch to the intensive care unit, as well as his grit and determination, has won him the World Comeback of the Year Award at the Laureus World Sports Awards held at the Shanghai Grand Theatre. **Burger** had a cyst next to his spinal cord and went into hospital for treatment, but developed life-threatening meningitis and was taken to intensive care. Miraculously, he battled for his life and returned to the sport he loves to win his place back in the Springboks rugby team. Not only did the 31-year-old pull through and pull on the Springbok jersey once again, he was a key member of the squad to play Australia and New Zealand in the Rugby Championship. Then he was named Man Of The Match in the November victory over England at Twickenham, in which he scored the decisive third try. The other nominees in the same category were Italian soccer player **Francesco Acerbi**, **Diego Milito** (Argentina, soccer), **Jo Pavey** (UK, athletics), **Pierre Vaultier** (France, snowboarding) and **Oliver Wilson** (UK, golf). In other categories, Serbia's **Novak Djokovic** won his second Laureus World Sportsman of the Year Award after another brilliant 12 months, which featured a second Wimbledon victory, while Ethiopia's **Genzebe Dibaba** was named Laureus World Sportswoman Of The Year after breaking three world records in different events in two weeks. She was only the third ever person to achieve that feat in different events, along with athletic giants **Jesse Owens** and **Usain Bolt**.

E-mail your sports news to **vancom@telkomsa.net**

Hernandez Guilty Of Murder

AARON HERNANDEZ, the former New England Patriots star tight end, has been placed on suicide watch after he was sentenced to life in prison for murdering his fiancée's sister's boyfriend in 2013. He also faces charges for a separate double homicide charge back in 2012. **Hernandez** was found guilty of first degree in the death of semi-pro football player **Odin Lloyd**. **Hernandez** shook his head in disbelief as a jury delivered the verdict a few weeks ago. He was also found guilty on gun and ammunition possession charges. He received an automatic sentence of life in prison without the possibility of parole.

PICS: GALLO IMAGES / GREATSTOCK

MEN SEEKING WOMEN

Outdoor Fun together-North West, 45-60 yrs,White male,enjoys walking and being outdoors.I am very playful.Like to have fun and live life to the full.Seeking a special lady 35-44yrs who is independent and outgoing and likes to have fun.ID: 2243

Lets have some Fun-Gauteng 35-44 yrs. Fun loving, outgoing, loves life and sharing happy times. Missing that special someone to be my partner to share the laughs. Looking for a fun loving, outgoing lady to share some fun and special moments. ID: 1088

Lets enjoy life Together-Gauteng 35-44 yrs, African man, Independent, hard-working, honest and kind. Seeking a kind, loving lady 45-60 yrs who is honest and enjoys life. Looking for someone to make me happy, be my partner and share my life.ID: 2639

Life Partner and Soulmate-Gauteng, 34-44yrs. African Male, soft spoken and slightly reserved.Looking for an honest,sincere lady to share my life with,someone who likes to talk and share feelings.Like to get married and have children ones dayID: 1253

Long Distance Friend-Northern Cape, 60+ Widower with grown children. Long distance driver often away from home. Love to spend quality time with special people.Looking for a special lady 45-60 yrs to share companionship and fun together.ID: 1570

Not just for Fun-Gauteng 39 yrs, Single,enjoy life, fun loving, serious about relationships and long term loyalty. Looking for a special lady who is loyal, sincere and honest who is looking for a fun, long term relationship. You could be the one.ID: 1185

Adventerous-Gauteng 45-60 yrs. Tall, dark, and handsome. Sports fan, mainly Rugby, enjoy outdoor life, family events and weekends away. Outgoing, friendly and fun to be with. Seeking outgoing, fun lady who loves the outdoors. ID: 1089

Active and Fit --Gauteng lawyer 45- 60 yrs, well dressed, tall, dark, honest and sincere, enjoys braaing, going to gym and playing golf. Looking for a well-dressed, honest and faithful lady to share happy times.ID: 1078

Looking for my Match-Gauteng, Single African man,37yrs. Originally from Durban, I am honest, sincere, caring and independent. Seeking a special lady 25-34yrs who is honest, sincere, loving and kind.I am looking for love and a soul mate.ID: 2811

Work hard and have fun-Gauteng 26 yrs.Enjoy going to gym and spending time with friends, Am a bit of a work- a-holic but try to lead a balanced life. Am the life and soul of the party.Looking for a fun lady 25-35yrs to share life and fun.ID: 2054

Take a chance on Me-Gauteng 45-60 yrs. Looking for a woman in need of friendship and companionship. There's lots of life to be lived and its a lot more fun with a special friend to share it with. You only live once, so take a chance! Give me a call.ID: 1036

Feet on the Ground-Gauteng 45-60 yrs, Honest , Level headed man who knows where he's going in life. Enjoy the company of nice people. Looking for a down to earth lady who values loyalty and commitment for fun, companionship and love.ID: 1038

Young and fit for Life-Gauteng 18-24 yrs. African man, Outgoing, friendly and fun.Young guy, energetic and fun. Like to go out with friends and enjoy life to the full. Looking for an outgoing lady 18-24 for friendship, fun and maybe more.ID: 2768

WOMEN SEEKING MEN

Outdoor Life-North West, 18-24 yrs, single Mom, Fun,outgoing, lady. Enjoy camping and the outdoors and being in the bush. Also love going out and having fun, Looking for an honest sincere man 25-34yrs who is fun loving and kind.ID: 1397

Eat well and Travel-Gauteng 35-44 yrs, I enjoy travelling, cooking, going out to movies or watching them at home. Love spending time with friends and family. Looking for a special man 35-44 yrs with similar interests for companionship.ID: 1939

Single professional-Gauteng, 45-60 yrs, Professional, well groomed lady, particular about my appearance. Like to eat out and spend social time with friends. Also love to travel. Seeking a professional man 45-60 with similar interests.ID: 1463

Kind and Caring -Limpopo 25-34yrs, African lady, honest and reliable. Kind and caring. Like to spend time with family and friends. Seeking a sincere, loving man 24-34 yrs who is honest and kind, for friendship, fun and maybe more.ID: 2260

Take a chance on Me-Gauteng 35-44 yrs, White lady, Outgoing, fun and adventurous, Game for anything. What you see is what you get, love me for who I am.Seeking like-minded, adventurousness man 35-44yrs, looking for some fun and laughs.ID: 3176

Animal Lover.-Gauteng 50 yrs, Fun loving active lady, loves caring for animals, hiking, cooking and spending quality time with family and friends. Works at an animal hospital. Looking for a kind, caring man to share happy times.ID: 1376

The Future's Bright-Independent 60+ Lady, Living in KZN, honest, sincere and loyal. Financially independent and able to take care of myself. Looking for companionship with someone my own age. If this sounds like you I'd love to hear from you. ID: 1115

Blond and Beautiful-Western Cape 55 yrs. Blond, attractive lady. Love nature and being by sea. Love to spend quality time with family and friends. Looking for a special gentleman 55-65 yrs, who is a non-smoker with a sense of humour.ID: 2006

Single, Active and Fun-Gauteng, 25-34yrs. Single, independent, hard working lady, no children. Am active, enjoy running, walking and going to gym. Looking for a special, fun, guy of similar age and similar interests to share happy times.ID: 1944

Professional Christian-Gauteng 45-60 yrs, African lady, professional and financially independent. Christian beliefs and values. Love the outdoors.Looking for a special man 45-60yrs, who is kind and caring and has similar Christian values.ID: 1905

Big is Beautiful.-Mpumalanga 25-34 yrs. Tall, beautiful, African lady. Very loving and caring person. Fully employed. Love going out. Play netball, love to watch soccer. Looking for an honest, kind man who will love me for who I am.ID: 1311

Share some happy times.-Gauteng (Kempton Park) 45-60 yrs. Single lady, Kind hearted, honest and loyal. Like to spend time with family and friends. Seeking an honest, kind hearted, fun loving man for friendship and to share some happiness.ID: 3271

Love to be Spoilt-Gauteng 28 yrs. God fearing Christian lady,1 son. Hard working.Non smoker,non drinker. Light completion,short in stature.Looking for an independent, romantic man,non smoker or drinker, to take of me ,maybe spoil me.ID: 2541

Fun Loving, Attractive lady-KZN, White lady 60+ Fun outgoing and friendly. Like to enjoy life and live each day and have fun. Enjoy socialising and meeting new people. Seeking an outgoing, fun man 45-60yrs to share friendship and happy times.ID: 2455

Still lots of Love to Give-Gauteng, Springs/Brakpan area, Afrikaans speaking lady, 60+ independent. Own my home. Black hair and dark eyes. Looking for an honest, sincere man 60+ who is also lonely, for companionship, friendship and maybe moreID: 2640

Looking for Friendship and Fun-Gauteng, 60+ recently retired,enjoy music, cooking,dancing and going out to dinner with family and friends.Looking for someone I can communicate with.If you have similar interests,lets get to know each other better.ID: 1717

Teach you how to Laugh-Gauteng 47yrs, Afrikaans speaking,Teacher. I have 2 children, enjoy food and appreciate a glass of good red wine.I am fun loving, interesting and have a great sense of humour. Looking for a fun loving, outgoing man.ID: 1277

MEN SEEKING MEN

Lets have some Fun-Gauteng 25-34 yrs. I have brown hair and eyes, average build, enjoy going out and having fun.Like to party and stay home sometimes.Looking for that special guy 25-34yrs to share some happiness and quality time with.ID: 1676

Long Term Love-Gauteng, 35-44 yrs,African lady,serious about life,love and happiness.Looking for someone to settle down with. Seeking a special man for long term relationship, someone who is serious about life and ready to commit.ID: 3763

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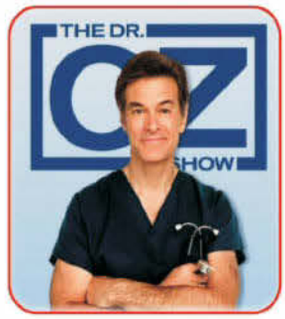

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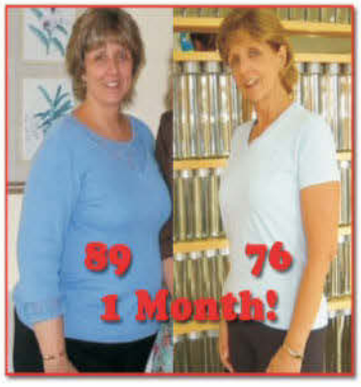

Reinette Groenewald from Krugersdorp: "I'm quite short and I'm down to my goal weight of 62. **In the first month I lost 13 kilos from 89 to 76!** I won't even try and explain how that felt! And this was in December with all the parties!!"

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I paid R200 for consultation with Mama Fina. They used the mirror and showed me the faces of the people who were trying to pull me down.

I was given special ring to fix my love/financial problems. Within 3 days my husband returned, now I am happily married. I was promoted at work. I recommend them to anyone who has marriage, financial problems & unfinished jobs. Do you want to give birth and feeling helpless, heartbroken & financially miserable?

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My in-laws had seperated me from my husband and as a result he started cheating on me and was very abusive, the kids were always sick and worse we had no money in the house. My kids had bad omens and nothing was working out from them and myself. I tried getting help from alot of people & moulana`s but nothing worked or came right. I saw testimonies on TV & heard of her on the Radio about Mama Haula. I contacted and met her, she covered me with a white cloth and sprinkled water whilst she layed her hands on my head and made special prayers for me. She cleansed me of bad omens and misfortune and also gave me a powerful magic ring crystals and has bonded me with my lovely husband. To be honest my family and I are living happily and my kids are attending the best expensive schools, finally we can even afford to go 3 times on holiday overseas as money is now not an issue to us. Don`t let Life problems deprive you of happiness feeling lonely, left out, helpless, heartbroken and financially down. I appreciate what Mama Haula has done for me. Dankie!

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Spiritual Corner

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PAPA SUNIL & GURU LADY CHENTAL NAIDOO never charged me any fee for a healing but he made me a happy wife with the one I loved the most. My name is Annita from Reserver Hill, after I read alot of articles about THEM, I gave it a try on the person I loved most. He was my boss at first who loved my friend but he ended up being my husband after I consultated **PAPA SUNIL & GURU LADY CHENTAL NAIDOO** I called THEM and booked an appointment for the following day, I found alot of people waiting for THEM, when I met THEM, they called my names, surnames and date of birth without me telling them anything and I was so shocked, **THEY TOUCHED** my palms and forehead told me that all I wanted was to get married to the one I love and he is my boss. **PAPA SUNIL & GURU LADY CHENTAL NAIDOO** prayed for me, gave me some ashes to blow after just 8 hours, my friends boyfriend the one I loved called me to check if I was ok. THEY called again and told me to keep a secret and we go for a cup of tea in Zimbali, immediately that night he knelt down proposing for marrage.A few months later we are engaged and then we were married.

NOW MY HUSBAND IS MUCH AWARE ABOUT IT AND HAS NO PROBLEMS AS HE DISCOVERED THE REASON WAS LOVE. THANKS PAPA SUNIL & GURU LADY CHENTAL NAIDOO

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Louis from Roodeport

I was a happy married man for 21 yrs, before I lost my performance due to diabetes and high blood pressure which caused a lot of wrangles that almost led my wife to divorce me. I tried many different doctors until I found Dr K. Aziz who helped me with three days guarantee to regain my performance which was exactly true. my wife and I are now living in a very happy marriage again.

Thanks to Dr K. Aziz

Elizabeth from Randpark Ridge

I was a relationship with my man but after sometimes my man changed totally, he abandoned me with my three children for four years which was a very painful experience. If I did not find Dr K. Aziz who covered me with a white cloth and removed all the bad that the other woman had sent me, my life would have been empty without a man forever.

Thanks to Dr K. Aziz

Sipho from Houghton

I lost my job, after the bank took my car, my house and my wife ran away. I spent up and down to different doctors but none helped me. I had given up, but then I was referred to Dr K Aziz who helped me get my job back and I was immediately offered a promotion.Then after,I manage to open my own company and have secure six tenders with the power of Dr K Aziz

Thanks to Dr K. Aziz

Spiritual Corner

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SCHEDULES M-Net

April 30 – May 6

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show	06:00 Mr Peabody And Sherman	07:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show
07:00 The Middle	07:00 Modern Family	08:00 MasterChef Australia	11:00 Mom's Night Out	07:00 Modern Family	07:00 The Millers	07:00 Mom
07:30 TBA	07:30 Olive Kitteridge	13:00 Arrow	13:00 Celebrity MasterChef SA	07:30 Blue Bloods	07:30 Mind Games	07:30 Caught On Camera
08:30 The Lottery	08:30 Perception	14:00 Mysteries Of Laura	14:00 Marvel's Agent Carter	08:30 The Fixer	08:30 Celebrity MasterChef SA	08:30 The Last Ship
09:30 Vamps	09:30 A Monster In Paris	15:00 Blue Bloods	15:00 Grey's Anatomy	09:30 Celebrity MasterChef SA	09:30 In My Dreams	09:30 Hours
11:30 Mom	11:30 Two And A Half Men	16:00 Celebrity MasterChef SA	16:00 Chicago Fire	11:30 2 Broke Girls	11:30 The Middle	11:30 About A Boy
12:00 The Ellen DeGeneres Show	12:00 The Ellen DeGeneres Show	17:00 The Blacklist	17:00 The Fixer	12:00 The Ellen DeGeneres Show	12:00 The Ellen DeGeneres Show	12:00 The Ellen DeGeneres Show
13:00 Restaurant Start-Up	13:00 MasterChef Australia	18:00 Mom	18:00 Celebrity MasterChef SA	13:00 MasterChef Australia	13:00 TBA	13:00 Restaurant Start-Up
14:00 Carte Blanche	14:00 N.C.I.S.	18:30 2 Broke Girls	19:00 Carte Blanche	14:00 Nashville	14:00 Elementary	14:00 Perception
15:00 Suits	15:00 Blue Bloods	19:00 The Middle	20:05 Fire With Fire	15:00 Mind Games	15:00 Caught On Camera	15:00 Elemetary
16:00 Modern Family	16:00 The Fixer	19:30 About A Boy	21:45 Last Week Tonight With John Oliver	16:00 Marvel's Agents Carter	16:00 The Last Ship	16:00 The Lottery
16:30 Two And A Half Men	17:00 The Ellen DeGeneres Show	20:00 Nashville	22:15 Vice	17:00 The Ellen DeGeneres Show	17:00 The Ellen DeGeneres Show	17:00 The Ellen DeGeneres Show
17:00 The Ellen DeGeneres Show	18:00 2 Broke Girls	21:00 Gotham	22:45 CSI	18:00 Mom	18:00 2 Broke Girls	18:00 The Middle
18:00 About A Boy	18:30 MasterChef Australia	22:00 Marvel's Agent Carter	23:45 Out Of The Furnace	18:30 TBA	18:30 Restaurant Start-Up	18:30 TBA
18:30 MasterChef Australia	19:30 Marvel's Agents Of S.H.I.E.L.D.	23:00 Runner Runner	01:50 The Reluctant Fundamentalist	19:30 The Last Ship	19:30 The Lottery	19:30 Modern Family
19:30 The Fixer	20:30 Arrow	01:00 The Calling	04:00 The Legend Of Hercules	20:30 Mysteries Of Laura	20:30 Gotham	20:00 The Millers
20:30 Blue Bloods	21:30 Single Shot	03:00 Love Me		21:30 Elementary	21:30 Perception	20:30 Suits
21:30 N.C.I.S.	23:30 Devil's Due	04:45 Beautiful Creatures		22:30 Carte Blanche	22:30 Elementary	21:30 CSI
22:30 CSI	01:00 Lincoln			23:30 Road To Paloma	23:30 CSI	22:30 N.C.I.S.
23:30 Last Week Tonight With John Oliver	03:30 Not Safe For Work			01:20 A Good Day To Die Hard	00:30 Last Week Tonight With John Oliver	23:30 Gotham
00:00 Vice	05:00 MasterChef Australia			03:15 Felix	01:05 New Worlds	00:30 Vice
00:30 Story Of Luke				05:00 MasterChef Australia	02:00 Time Of Death	01:00 A Fighting Man
02:00 Invisible Woman					05:00 MasterChef Australia	02:30 About A Boy
04:00 Young Hollywood's Greatest...						03:15 Caught On Camera
05:00 MasterChef Australia						04:05 Time Of Death
						05:00 MasterChef Australia

Top Pick This Week

Fire With Fire

Fun Fact

Hours

THIS was one of **Paul Walker**'s last movies – he passed away two weeks before this movie was released in the USA.

SCHEDULES SABC 1

April 30 – May 6

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
05:02 Geleza Nathi	05:02 Geleza Nathi	06:30 Siyakholwa	05:00 Geleza Nathi	05:00 Aum	05:00 Izwi La Bantu	05:02 Geleza Nathi
06:00 Kids News & Current Affairs	06:00 Kids News & Current Affairs	07:00 Fantastic Four	06:00 Siyakholwa	05:02 Geleza Nathi	05:02 Geleza Nathi	06:00 Kids News & Current Affairs
06:30 YO.TV	06:30 Sports Buzz	07:30 YO.TV Mmino Mania	06:30 Bonisanani	06:00 Kids News & Current Affairs	06:00 Kids News & Current Affairs	06:30 YO.TV
07:00 YO.TV Land	07:00 YO.TV	08:00 YO.TV What's In The Fridge	07:00 Fantastic Four	06:30 YO.TV Paws And Claws	06:30 YO.TV Zenzele	06:45 YO.TV
07:15 YO.TV Litha Lethu	07:15 YO.TV Litha Lethu	08:15 YO.TV Yo Hambo	07:30 YO.TV Ntunjambili	07:00 YO.TV	07:00 YO.TV	07:00 YO.TV
07:30 Takalani Sesame	07:30 Takalani Sesame	08:30 Paddlepop	08:00 YO.TV Furry Tales	07:15 YO.TV Litha Lethu	07:15 YO.TV Litha Lethu	07:15 YO.TV Ilitha Lethu
08:00 The Bold And The Beautiful	08:00 The Bold And The Beautiful	09:00 Local Current Affairs	08:15 YO.TV Zenzele	07:30 Takalani Sesame	07:30 Takalani Sesame	07:30 Takalani Sesame
08:30 Isidingo	08:30 Isidingo	10:00 Generations: The Legacy (Omnibus)	08:30 Zorro: Generation Z	08:00 The Bold And The Beautiful	08:00 The Bold And The Beautiful	08:00 The Bold And The Beautiful
09:00 Generations: The Legacy R	09:00 Generations: The Legacy R	12:30 Imizwilili	09:00 Mzansi Insider	08:30 Isidingo	08:30 Isidingo	08:30 Isidingo
09:30 Muvhango	09:30 Muvhango	13:30 Sport Magazine	10:00 Gospel Gold	09:00 Generations: The Legacy R	09:00 Generations: The Legacy R	09:00 Generations: The Legacy R
10:00 Skeem Saam R	10:00 Skeem Saam R	14:00 Soccer 411	11:00 Identity	09:30 Muvhango	09:30 Muvhango	09:30 Muvhango
10:30 Retro Comedy	10:30 Emzini Wezinsizwa	15:00 Soccer Build-Up	11:30 The Chatroom	10:00 Skeem Saam R	10:00 Skeem Saam R	10:00 Skeem Saam R
11:00 The Chatroom	11:00 Cutting Edge	15:30 Laduma Live Soccer	12:00 Big Up	10:30 Emzini Wezinsizwa	10:30 Emzini Wezinsizwa	10:30 Emzini Wezinsizwa
11:30 The Link	11:30 100% Youth	17:30 Roots	12:30 Roots	11:00 Shift	11:00 Shift	11:00 Box Office
12:00 Identity	12:00 Friends Like These	18:00 Friends Like These	13:00 Live Amp	12:00 Yilungelo Lakho	12:00 Soccer Zone	11:30 Selimathunzi
12:30 Big Up	13:00 Lunchtime News	19:00 News	14:00 Real Goboza	13:00 Lunchtime News	13:00 Lunchtime News	12:00 Khumbul'ekhaya
13:00 Lunchtime News	13:30 Yilungelo Lakho	19:30 The Real Goboza	14:30 Soccer Build-Up	13:30 Making Moves	13:30 Ispani	13:00 Lunchtime News
13:30 Fan Base	14:30 ANT Farm	20:00 Soccer Build-Up	15:00 Laduma	14:30 Matt Hatter Chronicles	14:30 Iron Man	13:30 My World
14:00 Zaziwa	15:00 YO.TV	20:15 Soccer	17:30 Kulcha Kwest	15:00 YO.TV	15:00 YO.TV	14:30 Zheng He's Voyage
14:30 Teenage Mutant Ninja Turtles	16:00 Bona Retsang	22:15 Skyroom Live	18:00 Come Again	16:00 Teenagers On A Mission	16:00 Teenagers On A Mission	15:00 YO.TV
15:00 YO.TV	16:30 The Steve Harvey Show	23:15 TBA	19:00 News	16:30 The Steve Harvey Show	16:30 The Steve Harvey Show	16:00 Bona Retsang
16:00 Bona Retsang	17:28 Reflections Of Faith		19:30 Sunday Live	17:28 Aum	17:28 Izwi La Bantu	16:30 The Steve Harvey Show
16:30 The Steve Harvey Show	17:30 Vaya Mzansi		20:00 TBA	17:30 News	17:30 News	17:30 News
17:30 News (Siswati/ Ndebele)	18:00 Fan Base		22:00 Best Years	18:00 Holiday Swap	18:00 Nyan Nyan	18:00 Moka Pelo
18:00 100% Youth	18:30 Skeem Saam		23:00 Koze Kuse	18:30 Skeem Saam	18:30 Skeem Saam	18:30 Skeem Saam
18:30 Skeem Saam	19:00 News			19:30 Thandeka's Diary	19:00 News	19:00 News
19:00 News	19:30 Jika Majika			20:00 Generations: The Legacy	19:30 Selimathunzi	19:30 Ithuba
19:30 Zaziwa	20:00 Generations: The Legacy			20:30 Uzalo	20:00 Generations: The Legacy	20:00 Generations: The Legacy
20:00 Generations: The Legacy	20:30 Tempy Pushas			21:00 Soccer Zone	20:30 Uzalo	20:30 Uzalo
20:30 TBA	21:00 Live Amp			22:00 Skyroom Live	21:00 Come Again	21:00 Khumbu'ekhaya
21:30 Cutting Edge	22:00 The Contractor			23:00 Koze Kuse	22:00 The Game	22:00 Sports @10
22:00 Home Affairs	00:00 Koze Kuse				22:00 Best Years	23:00 Soccer
23:00 Koze Kuse					23:00 Koze Kuse	

Top Pick This Week

The Real Goboza

SCHEDULES | SABC 2

THURSDAY

05:30 Growing Tomorrow
05:57 Motheo
06:00 Morning Live
08:00 Infomercials
09:00 Inside The Baobab Tree
09:30 Tree Fu Tom
10:00 Takalani Sesame
10:30 Rivoningo
11:00 Rands With Sense
11:30 Umnotfo Wami
12:00 The Talk
13:00 Days Of Our Lives
14:00 7de Laan R
14:30 Mali
15:00 Skeem Saam
15:30 Muvhango R
16:00 Hectic Nine-9
17:00 Siyaya
17:30 News (Venda/Tsonga)
18:00 Leihlo La Sechaba
18:30 7de Laan
19:00 Ba Kae
19:30 Nguni News
20:00 My Wife And Kids
20:30 Nhlanhla Ya Rixaka
21:00 Muvhango
21:30 Speak Out
22:00 Snapped
23:00 Motive
00:00 Deutsche Welle
01:00 SABC News International

FRIDAY

05:30 Growing Tomorrow
05:57 Motheo
06:00 Morning Live
08:00 Infomercials
09:00 Inside The Baobab Tree
09:30 Tree Fu Tom
10:00 Takalani Sesame
10:30 Rivoningo
11:00 Each One Teach One
11:30 Ngula Ya Vutivi
12:00 The Talk
13:00 Days Of Our Lives
14:00 7de Laan R
14:30 Mali
15:00 Skeem Saam
15:30 Muvhango R
16:00 Hectic Nine-9
17:00 Snake Park
17:30 News (Venda/Tsonga)
18:00 Nhlalala Ya Rixaka
18:30 7de Laan
19:00 Nuus
19:30 News
20:00 Noot Vir Noot
21:00 Muvhango
21:30 Powerball
21:34 Mopheme
22:00 Mokgonyana Mmatswale
22:30 Smallville
23:30 The X Factor
00:30 The Talk
01:30 SABC News International

SATURDAY

05:30 Living Land
05:57 Op Pad
06:00 Thabang Thabong
06:30 Inside The Boabab Tree
07:00 Morning Live
08:30 House Call
09:30 Rough It Out
10:00 Words And Numbers
10:30 My Night
11:00 Naruto
13:00 Takeshi's Castle
13:30 Muvhango (Omnibus)
16:00 Unlikely Angel
18:00 Wipeout USA
19:00 Nuus
19:30 News
20:00 Ke Ba Bolleletse
20:30 Every Woman's Dream
22:00 Afro Café
23:00 Deutsche Welle

SUNDAY

05:57 Motheo
06:00 Thabang Thabong
06:30 Hosanna
07:00 Morning Live
08:30 Simcha
09:00 Issues Of Faith
10:00 Music And The Spoken Word
10:30 Psalted
11:00 Women In Sport
11:30 Thukuta
12:00 Sportsview
12:30 Saath Phere
13:30 Mela
14:30 Pasella
15:30 7de Laan (Omnibus)
18:00 It's Gospel Time
19:00 Nuus
20:00 Ga Re Dumele
20:30 Interface
21:00 TBA
22:00 The Motive
23:00 Smallville
00:00 Saath Phere
01:00 SABC News International

MONDAY

05:30 Growing Tomorrow
05:57 Motheo
06:00 Morning Live
08:00 Parliament: A View From The House
08:30 Magical World Of Luna-Belle
09:15 Magical World Of Luna-Belle
09:30 Tree Fu Tom
10:00 Takalani Sesame
10:30 Rivoningo
11:00 Super Nanny
12:00 Dr Phil
13:00 Days Of Our Lives
14:00 7de Laan R
14:30 Love That Girl
15:00 Skeem Saam
15:30 Muvhango R
16:00 Hectic Nine-9
17:00 One Piece
17:30 News (Venda/Tsonga)
18:00 When Duty Calls
18:30 7de Laan
19:00 What's Behind The Wall
19:30 Mali
20:00 Teen Wolf
21:00 Muvhango
21:30 Moferefere Lenyalong
22:00 The Getaway
00:00 Numbers
01:00 Open Universary
02:00 Dr Phil
03:00 Deutsche Welle

TUESDAY

05:30 Growing Tomorrow
05:57 Motheo
06:00 Morning Live
08:00 Infomercials
09:00 Inside The Baobab Tree
09:30 Tree Fu Tom
10:00 Takalani Sesame
10:30 Rivoningo
11:00 The Golden Years
11:30 Our Moments
12:00 Dr Phil
13:00 Days Of Our Lives
14:00 7de Laan R
14:30 Mali
15:00 Skeem Saam
15:30 Muvhango R
16:00 Hectic Nine-9
17:00 One Piece
17:30 News (Venda/Tsonga)
18:00 Ngula Ya Vutivi/Zwa Maramani
18:30 7de Laan
19:00 Nuus
19:30 News
20:00 What's Behind The Wall
20:30 Ba Kae
21:00 Muvhango
21:30 Powerball
21:34 It's Gospel Time
22:30 Open University
23:30 Dr Phil
00:30 SABC News International

WEDNESDAY

05:30 Growing Tomorrow
05:57 Op Pad
06:00 Morning Live
09:00 Inside The Baobab Tree
09:30 Tree Fu Tom
10:00 Takalani Sesame
10:30 Rivoningo
11:00 It's For Life
11:30 48 Hours
12:00 Dr Phil
13:00 Days Of Our Lives
14:00 7de Laan R
15:00 Skeem Saam
15:30 Muvhango R
16:00 Hectic Nine-9
17:00 One Piece
17:30 News (Venda/Tsonga)
18:00 Motswako
18:30 7de Laan
19:00 Ba Kae
19:30 Mali
20:00 What's Behind The Wall
20:30 Ba Kae
21:00 Muvhango
21:30 Tokolosi
22:00 Afro Café
23:00 Teen Wolf
00:00 Open University
01:00 Dr Phil
02:00 SABC News International

Top Pick This Week

7de Laan

Synopsis

Unlikely Angel

A COUNTRY music performer dies but can't go to heaven until she performs a good deed.

Synopsis

Every Woman's Dream

A WOMAN believes she has married the man of her dreams without suspecting her husband is leading a double life.

April 30 – May 6

SCHEDULES | SABC 3

THURSDAY

05:00 AM Shopping
05:30 Kiddies
06:00 Expresso
08:30 Dr Oz show
09:30 3 Talk R
10:30 Generations: The Legacy
11:00 Isidingo R
11:30 7de Laan
11:30 Magnum PI
13:00 News
14:00 The Meredith Vieira Show
15:00 Dr Oz Show
16:00 3 Talk
17:00 Days Of Our Lives
18:00 The Bold And The Beautiful
18:30 News
19:00 Isidingo
19:30 She's The One
20:00 Voetspore
20:30 Top Billing
21:30 TBA
23:25 Sports Wrap
23:30 2 Broke Girls
00:00 Miami Vice
01:00 The Meredith Vieira Show
02:00 3 Talk R
03:00 Steven And Chris
04:00 Dr Oz Show

FRIDAY

05:00 AM Shopping
05:30 Kiddies
06:00 Expresso
08:30 Dr Oz show
09:30 3 Talk R
10:30 Generations: The Legacy
11:00 Isidingo R
11:30 7de Laan
14:00 The Meredith Vieira Show
15:00 Neill Anthony Private Chef
15:30 TBA
16:00 3 Talk
17:00 Days Of Our Lives
18:00 The Bold And The Beautiful
18:30 News
19:00 Isidingo
19:30 Presenters Search
20:30 TBA
22:30 Nikita
23:30 The Client List
00:30 Voetspore
01:00 The Meredith Vieira Show
02:00 3 Talk R
03:00 Steven And Chris
04:00 Kojak

SATURDAY

06:32 Play Network
07:00 Special Agent OSO
07:30 Batman: The Brave And The Bold
08:00 Gloss It Up
08:30 Technorati
09:00 Cooking Magic
09:30 Which Way
10:00 Hannah Montana Forever
10:30 Music Moves Me
11:00 An Nur
11:30 Sunday Sadhana
12:00 DTV
12:30 The Bold And The Beautiful
15:00 Extreme Makeover
16:00 Swartwater
17:00 Voetspore
18:30 News
19:00 Pop-Up
19:30 TBA
21:30 Desperate Housewives
22:30 Hot In Cleveland
22:55 Sport Wrap
23:00 The Big Bang Theory
23:30 Mating Games
00:30 Meeulanders
01:30 An Nur
02:00 Sadhana
02:30 DTV
03:00 Fokus
03:30 Special Assignment

SUNDAY

05:00 AM Shopping
06:00 I Am A Work Of Art
06:33 Thundercats
07:03 Play Network
07:09 Challenge
07:30 Young Justice: Invasion
08:00 Imagination Movers
08:30 TBA
09:00 Snazzy Stories
09:30 Whip The Chef
10:00 New Day
10:30 Isidingo (Omnibus)
12:30 Top Billing
13:30 Amazing Race
14:30 TBA
16:30 Neil Anthony Private Chef
18:30 Minute To Win It
19:00 Fokus
19:30 True To Form
20:27 Fillers
20:30 Special Assignment
21:00 Chicago Fire
22:00 Supernatural
23:00 N.C.I.S.
00:00 Revenge
01:00 Days Of Our Lives

MONDAY

05:00 AM Shopping
05:30 Kiddies
06:00 Expresso
08:30 Dr Oz show
09:30 3 Talk R
10:30 Generations: The Legacy
11:00 Isidingo R
11:30 7de Laan
14:00 The Meredith Vieira Show
15:00 Dr Oz Show
16:00 3 Talk
17:00 Days Of Our Lives
18:00 The Bold And The Beautiful
18:00 News
19:00 Isidingo
19:30 The Big Bang Theory
20:30 Survivors
21:30 N.C.I.S.
22:30 Wild Africa
23:30 Special Assignment
00:00 Airwolf
01:00 The Meredith Vieira Show
02:00 3 Talk R
03:00 Steven And Chris
04:00 Dr Oz Show

TUESDAY

05:30 Kiddies
06:00 Expresso
08:30 Dr Oz show
09:30 3 Talk R
10:30 Generations: The Legacy
11:00 Isidingo R
11:30 7de Laan
13:00 News
13:27 Africa News Update
14:00 The Meredith Vieira Show
15:00 Dr Oz Show
16:00 3 Talk
17:00 Days Of Our Lives
18:00 The Bold And The Beautiful
18:30 News
19:00 Isidingo
19:30 The Mentalist
20:30 Nikita
21:30 Hostage
22:30 Desperate Housewives
23:30 Fokus
00:00 Magnum PI
01:00 Meredith Viera Show
02:00 3 Talk
03:00 Steven And Chris
04:00 Dr Oz Show

WEDNESDAY

05:00 AM Shopping
05:30 Kiddies
06:00 Expresso
08:30 Dr Oz show
09:30 3 Talk R
10:30 Generations: The Legacy
11:00 Isidingo R
11:30 7de Laan
13:00 News
14:00 The Meredith Vieira Show
15:00 Dr Oz Show
16:00 3 Talk
17:00 Days Of Our Lives
18:00 The Bold And The Beautiful
18:30 News
19:00 Isidingo
19:30 Dallas
20:30 Konings
21:30 Hawaii Five O
22:25 Sport Wrap
22:30 House Of Lies
23:00 CSI: New York
00:00 Kojak
01:00 The Meredith Vieira Show
02:00 3 Talk R
03:00 Steven And Chris
04:00 Dr Oz Show

Top Pick This Week

She's The One

THURSDAY

05:00 Grassroots
05:25 e-Insert
05:30 e-News (African Language)
06:00 Sunrise
08:00 e-News (African Language)
09:00 Rhythm City R
09:30 Scandal! R
10:00 Ekse: Let's Talk With Masechaba Lekalake
10:30 The Young And The Restless R
11:30 Checkpoint
12:00 Downtown Hunters
12:30 Backstage
13:00 News Day
13:30 WWE Raw
14:30 Peppa Pig
14:35 Cool Catz
15:00 SpongeBob SquarePants
15:30 Jackie Chan Adventures
16:00 Craz-e World Live
16:30 The Steve Harvey Show
17:30 e-News Early Edition (Zulu/ Sotho)
18:00 Ekse: Let's Talk With Masechaba Lekalake
18:30 Rhythm City
19:00 e-News Prime Time
19:30 Scandal!
20:00 Late Nite News With Loyiso Gola
20:30 e-News
21:00 The Descendants
23:25 Freddy Got Fingered
01:15 Obese: A Year To Save My Life
02:10 Love In The Wild

FRIDAY

05:00 Life By Design
05:30 e-News (African Language)
06:00 Sunrise
08:00 e-News (African Language)
09:00 Rhythm City R
09:30 Scandal! R
10:00 Ekse: Let's Talk With Masechaba Lekalake
10:30 The Young And The Restless
11:30 eKasi: Our Stories
12:30 Backstage R
13:00 e-News Day
13:30 WWE Smackdown
14:30 Mandie And The Secret Tunnel
16:30 The Steve Harvey Show
17:30 Reed Between The Lines
18:00 Club 808
18:30 News
19:00 Rhythm City
19:30 Scandal!
20:00 Traffic
20:30 News
21:00 The Mask Of Zorro
23:50 First Target
01:45 The Mask Of Zorro R
04:30 The Ellen DeGeneres Show R

SATURDAY

05:00 Medical Detectives R
06:00 The Planet's Funniest Animals
06:35 Cool Catz
07:00 Peppa Pig
07:05 Cool Catz
07:30 Monsters Vs Aliens
07:45 Mike The Knight
08:00 Dora The Explorer
08:30 Dr Dimensionpants
09:00 Sistahood
09:30 Scandal! (Omnibus)
11:30 WWE NXT
12:30 The Close Up
13:30 The Planet's Funniest Animals
14:00 Mandie And The Secret Tunnel
16:00 SAF3
17:00 WWE Smackdown
18:00 e-News Early Edition
18:05 I Love South Africa
19:00 e-News Prime Time
19:30 Mr Deeds
21:35 The Marc Pease Experience
23:15 America's Got Talent
00:05 The Ellen DeGeneres Show R
00:35 One Man Out
02:25 SAF3
03:20 Paternity Court

SUNDAY

05:30 Creflo Dollar
06:00 e-Shibobo
06:30 Grassroots
07:00 Checkpoint
07:30 Hillsong
08:00 Peppa Pig
08:05 Cool Catz
08:30 Street Football
09:00 Max Steel
09:30 ShizNiz
10:00 I Love South Africa
11:00 Vaskap Angling
11:30 UEFA Magazine
12:05 Dick
14:05 Eddie
16:00 Extreme Makeover: Weight Loss Edittion
17:00 WWE Raw
18:00 News
18:05 I Shouldn't Be Alive
08:30 Gumba
19:00 e-News Prime Time
19:30 How I Met Your Mother
20:00 Unknown
22:25 Dr No
00:40 Dick
02:25 America's Got Talent
04:05 Medical Detectives
04:35 The Planet's Funniest Animals

MONDAY

05:00 Creflo Dollar
05:30 e-News (African Language)
06:00 Sunrise
08:00 e-News (African Language)
09:00 Rhythm City R
09:30 Scandal! R
10:00 e-Shibobo
10:30 The Young And The Restless R
11:30 Great Expectations
12:30 Backstage
13:00 e-News Day
13:30 WWE NXT
14:30 Peppa Pig
15:00 Mike The Knight
15:30 Monsuno
16:00 Sistahood
16:40 The Young And The Restless
17:30 Paternity Court
18:00 Katch It With Khanyi
18:30 Rhythm City
19:00 e-News Prime Time
19:30 Scandal!
20:00 Ashes To Ashes
20:30 e-News
21:00 Umlilo
22:00 Family Sins
23:55 Ekse: Let's Talk With Masechaba Lekalake
00:25 Medical Detectives
00:55 e-Shibobo
01:25 Family Sins
03:05 SAF3

TUESDAY

05:00 Hillsong
05:30 e-News (African Language)
06:00 Sunrise
07:55 Faith Today
08:00 e-News Sunrise
09:00 Rhythm City R
09:30 Scandal! R
10:00 Katch It With Khanyi R
10:30 The Young And The Restless R
11:30 Great Expectations
12:30 Backstage
13:00 e-News Day
13:30 WWE Superstars
14:30 Peppa Pig
14:35 Cool Catz
15:00 Dora The Explorer
15:30 Pokémon: DP Galactic Battle
16:00 ShizNiz
16:40 The Young And The Restless
17:30 Paternity Court
17:55 Ekse: Let's Talk With Masechaba Lekalake
18:30 Rhythm City
19:00 e-News Prime Time
19:30 Scandal!
20:00 Ashes To Ashes
20:30 News
21:00 Matatiele
21:30 Checkpoint
22:00 UEFA Champions
00:45 A Merry War
02:40 Bette!

WEDNESDAY

05:00 Tjhobediso
05:30 News
06:00 Sunrise
07:15 Thomas And Friends
08:00 e-News (African Language)
09:00 Rhythm City R
09:30 Scandal! R
10:00 Ekse: Let's Talk With Masechaba Lekalake
10:30 The Young And The Restless R
11:30 Great Expectations
12:30 Backstage
13:00 e-News Day
13:30 Just Shoot Me
14:00 Paternity Court
14:30 Silent
14:35 Cool Catz
15:00 Sanjay And Craig
15:30 Craz-e Frenzy
16:00 Supa Strikers
16:30 The Queen Latifah Show
16:40 The Young And The Restless
17:30 e-News Early Edition (Zulu/ Sotho)
18:00 Ekse: Let's Talk With Masechaba Lekalake
18:30 Rhythm City
19:00 e-News Prime Time
19:30 Scandal!
20:00 Ashes To Ashes
20:30 eNews
21:00 WWE Main event
22:00 Catch And Release
00:20 America's Got Talent
01:10 Ekse: Let's Talk With Masechaba Lekalake
01:40 Catch And Release
03:40 Medical Detectives
04:10 Camp Sizani
04:40 The Planet's Funniest Animals

Top Pick This Week

The Mask Of Zorro

Gig Guide

Where YOU Should Be Seen

April 30 – May 6

Rick Ross

May 1, SA Old Skool Party, Vacca Matta, Montecasino. Tickets are R100-R180.

May 2, Bebe Winans Live In East London, Buffalo Park Cricket Stadium. Tickets are R300-R1 500.

May 3, Youth Hip-Hop Festival ft. Rick Ross, Moses Mabhida Stadium, Durban. Tickets are R380-R800.

FOR MORE INFO GO TO WWW.COMPUTICKET.CO.ZA

Bebe Winans

people's guide to TV's best programmes of the week...

TOP 10 DStv PICKS

April 30 – May 6

THE FLASH

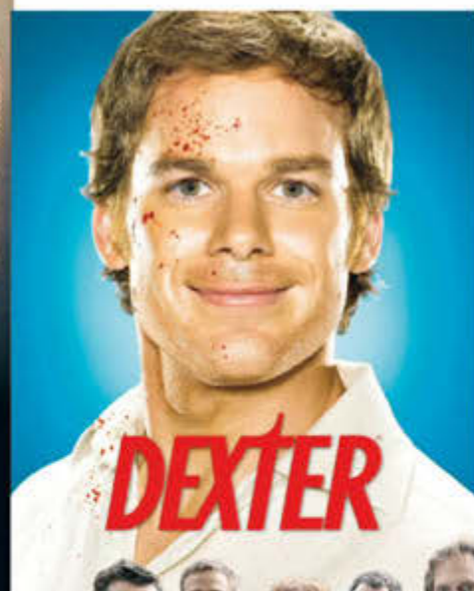
BARRY ALLEN is struck by lightning, with a mix of electrically charged chemical substances. He wakes up nine months later with super powers, and, using them to fight crime in Central City, he becomes knows as The Flash. ***Catch The Flash, Tuesdays at 19h30 on Vuzu AMP.***

THE ORIGINALS

THIS series is about the original vampire family and the dangerous vampire/werewolf hybrid, Klaus, who returns to the magical melting pot that is the French Quarter of New Orleans – a town he helped build centuries ago. ***Catch The Originals, Thursdays at 21h30 on Vuzu AMP.***

DEXTER

A MIAMI forensic expert moonlights as a serial killer of criminals whom he believes have escaped justice. ***Catch Dexter Wednesdays at 20h30 on Fox Crime.***



48 HOURS

THIS show covers the most intriguing crime and justice cases that generally involve murder most foul. Each week, *48 Hours* spearheads investigations into emotionally compelling stories of crime and punishment. ***Catch 48 Hours, Thursdays at 21h20 on Fox Crime.***

TRISHA

JOIN British talk show host **Trisha** as she tackles issues that affect people from all walks of life. The show aims to help people, and stories range from cheaters being caught out to cosmetic surgery addiction. ***Catch Trisha, Mondays at 17h20 on Sony.***

GROUND FLOOR

SET in the modern world of corporate America, *Ground Floor* centres on Brody, a young hot-shot banker who thought he was just having a one-night stand with Jenny, a beautiful woman he met at an office party. He discovers, however, that she works in the maintenance department for the building where his bank – Remington Trust – is located. Suddenly their worlds begin to collide in the most unexpected ways. ***Catch Ground Floor, Mondays at 19h00 on Vuzu.***

TURN UP

JOIN **Sammy Sosa** as she takes you on a journey on what's happening in the music industry. She also tackles who's trending and keeps you updated on upcoming gigs. ***Catch Turn Up, Fridays at 19h30 on Channel O.***

CROSSING LINES

THIS series follows the International Criminal Court (ICC) as it investigates cross-border crimes and ultimately bring global criminals to justice. ***Catch Crossing Lines, Mondays at 21h50 on Sony Channel.***

CHEF ROBLÉ & CO

CHEF ROBLÉ ALI has cooked for everyone, from red carpet rock stars to award-winning actors – but nothing has prepared him for the stresses and strains of setting up his own high-end catering company in New York! ***Catch Chef Roblé & Co, Mondays at 15h20 on Sony Channel.***

SUPERNATURAL

TWO brothers follow in their father's footsteps as 'hunters'. They fight evil supernatural beings of many kinds including monsters, demons and supernatural gods who roam the Earth. ***Catch Supernatural, Wednesdays at 23h30 on Vuzu AMP.***

Before They Were Famous...

BY ANGELA BEKIARIS

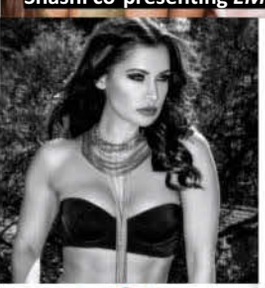
Shashi with her sister

SHASHI NAIDOO

Shashi as a young girl

Shashi co-presenting *EMS Volume 1* on SABC

Shashi recording voice-overs for WPT Emperors Palace National Poker Championship



Shashi co-presenting *Tongue In Cheek*

Shashi modelling at a fashion show

THEY'RE big names in South Africa, but it wasn't always the case for these celebrities.

NOT only one of the most beautiful women in South Africa, Shashi Naidoo is a talented actress and television presenter too. She's also know for her work as a model – and she's now the sole owner of model agency Alushi management – an MC, entrepreneur and fashion blogger (www.shashiscloset.com), and is one of the founding members of Fashion With Feeling, the first major non-profit organisation in the fashion industry. But can you believe this gorgeous local star was just the average girl next door before rising to fame? Here's what she got up to before she was famous...

❖ **SHASHI** was born on November 4, 1980.

❖ SHE was born and raised in Port Elizabeth.

❖ SHE matriculated from Alexander Road High School in 1997.

❖ AS a child **Shashi** had a pet chicken, goat, rabbit and a dog – however she does add, she didn't have all those pets at once, saying, "That would have been like growing up in a zoo."

❖ "I HAVE always had an entrepreneurial spirit," says **Shashi**, telling us that her first venture was at the age of two when she made and sold mud pies to all her neighbours for two cents each. "A bit tough to maintain," she says, "Because once the cute factor wore off, not many people were interested in buying dirt." She started a follow-up business at about five years old shining shoes for the men on the street, which included a free collection and delivery service. Other ventures have included an events company and a florist.

❖ THE star told us that she was actually quite a nerd at school.

❖ BELIEVE it or not, **Shashi**'s teenage years were boyfriend-free. "I went through high school with teenage acne, a mono-brow and braces. As horrible as it was then, I am really grateful for it now because I focused on my academics instead."

❖ **SHASHI** grew up on the coast and says she is definitely most at peace when she is close to the ocean.

❖ **SHASHI** moved to Johannesburg to study chiropractic medicine – which she says took up eight years of her life – and qualified as a doctor in 2007.

❖ SHE completed five years of study and two years of internship at the University of Johannesburg.

❖ SHE made her way into the public eye in 2004 when she starred in e-tv soapie *Backstage* as Linda McGinty.

❖ SHE later had a brief role in SABC 1 soapie *Generations*.

❖ DURING this time she also co-hosted the nationwide MTV VJ search.

❖ SHE began co-presenting the youth magazine show *EMS Volume 1* on SABC 1 in October 2007.

❖ **SHASHI** says a chance encounter resulted in her doing what she does now.

❖ BEFORE marrying Mark Sadler in December 2009 (whom she divorced in 2011), **Shashi** dated reality TV contestant Ismail Hendricks, who appeared on *The Apprentice South Africa* in 2005.

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